

Spring Highlights

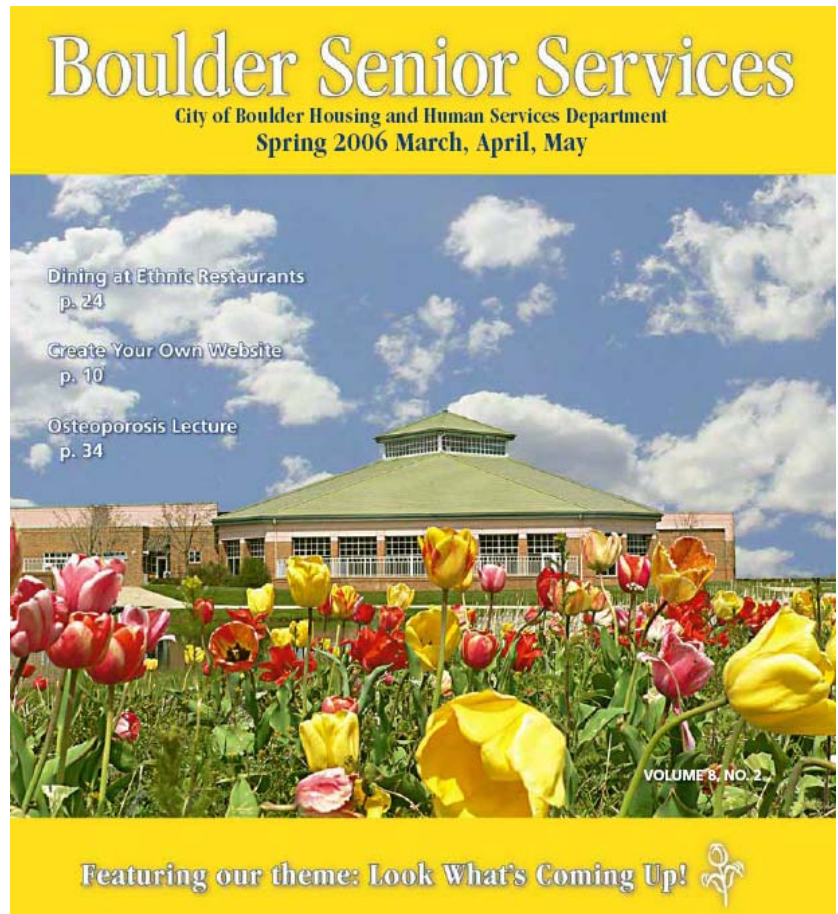
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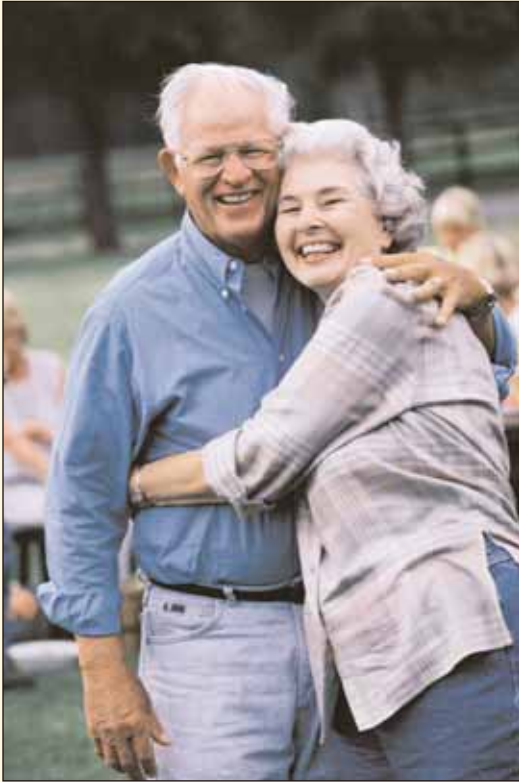
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CHAMPAGNE BRUNCHES, TRIPS, BILLIARDS,
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ART SHOWS, THEATER, SHOPPING, LECTURES,
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CELEBRATIONS, CRAFTS, CULTURAL EXHIBITS,
LOCAL RESTAURANT TOURS, WINE TASTING,
RELAXATION THERAPY, CANDLELIGHT DINNERS.*

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Friends, Food, and Fun

At Café Classico, located in the West Senior Center

Weekdays, Lunch served 11:30 – 12:30, \$3.50

Tuesday Evening Dinner 5:30, \$5

BOULDER SENIOR SERVICES

OUR VISION

Boulder - An Elder Friendly Community

OUR MISSION

To serve as a focal point for Boulder as an Elder Friendly Community by addressing the basic needs of seniors, optimizing physical and mental health and well-being, promoting social and civic engagement, and maximizing independence for frail and disabled seniors.

OUR SERVICE PHILOSOPHY

We strive to provide the highest level of customer service by offering our customers and clients:

- *A direct role in determining programs and services to be provided*
- *Prompt personal attention*
- *The sense of value and belonging*
- *Meaningful choices*
- *Connection with other community resources*
- *A welcoming and age-friendly environment*

Look What's Coming Up! 

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Boulder City Council

Mark Ruzzin, Mayor

Suzy Ageton, Deputy Mayor

Robin Bohannon

Tom Eldridge

Crystal Gray

Shaun McGrath

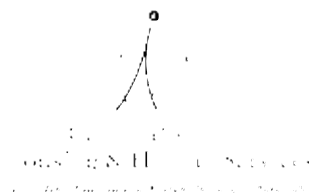
Richard Polk

Andy Schultheiss

Jack Stoakes

Frank Bruno, City Manager

John Pollak and Karen Rahn,
Housing and Human Services Co-Directors



On the Cover

Thanks to Bang Nguyen for the cover shot of the East Senior Center taken from East Lake on the south side of the building.

The Academy

At a time when we're all considering our New Year's Resolutions, I've been contemplating "vision". More than 100 years ago a Catholic nun dying from tuberculosis had a vision. Sent by the Sisters of Charity of the Blessed Virgin Mary in Dubuque, Sister Mary Theodore O'Connor envisioned a school to provide chronically ill children with opportunities to foster good health in an educational setting. In 1892 Mt. St. Gertrude's Academy was born, founded on fresh air and sunlight, wholesome and nutritious food, regular exercise and an abundance of healthful recreation to promote the health of the mind, body and spirit. Although this school closed in 1969, CU continued to offer classes in the arts here until a fire in 1980 forced the doors to close. Though lost for a number of years, The Academy is once more a beautiful testament to living well in Boulder, having been restored and reconstructed as an intimate and unique retirement community. In my role of Marketing Director at The Academy, Boulder residents often remind me of how one person's vision can impact the community at large as they share their memories and ties to The Academy site with fondness and nostalgia. Offering Independent and Assisted living, along with our new Alzheimer's care residence, The Academy's mission is to be a community of excellence that fosters meaningful living in an environment of grace and beauty. Located in the foothills of Boulder we have proximity to a plethora of cultural, educational and community events. Offering exceptional restaurant-style cuisine, and an unsurpassed quality of services and amenities, (which include housekeeping, maintenance, transportation, fitness classes, and a full social calendar), we model a five star hotel. The Academy continues to nurture the mind, body and spirit of our residents. Many believe that Sister Mary Theodore O'Connor would be pleased with the holistic vision being carried out at The Academy.

Gina Basha is the Marketing Director for The Academy, Independent Living and Assisted Living and The Academy at Bella Vista, a memory care residence. You can reach her at The Academy.

The Academy
970 Aurora Avenue, Boulder, CO 80302
303.938.1920
Gina@theacademyboulder.com
www.theacademyboulder.com

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From the Director - John Riggle

WHATS GOING ON? A number of you have asked about the pool table in the lobby, the new pool table in the snooker room and the disappearing snooker table in the same room. The answer is that sometime in June the West Center will begin to play host to about ten employees of our department, Housing and Human Services. Our department's headquarters on the second floor of the New Britain Building will undergo a major remodeling that will last at least six months. We in Senior Services are happy that we have the space to host ten employees at West and also ten at East during the remodeling.



At West, the presence of ten additional departmental employees will have minimal impact on our programs. Vacant office space because of budget and ensuing personnel cuts that we have experienced over the past several years will make it possible for us to easily accommodate six of the ten employees. Four others will have their offices in the reconfigured snooker room. The center's only pool table then will be in the lobby.

At East, the ten employees of the department's housing division will have their offices in the Eldorado Room. The loss of this room will somewhat limit our programming for at least six months, but Diane Evans and staff have been very creative in finding ways to make the most out of our remaining space.

While there will be an increase in public visitors coming to both centers, East will experience much more than West because of the presence of the housing division. Fortunately, the spacious parking lot at East can easily handle increase, something not possible at West. And, consistent with our long-standing policy, none of the ten additional employees at West will be allowed to park in the West lot during business hours.

I hope that during this period of relocation we will welcome all newcomers by showcasing our hospitality, facilities and programs, all of which contribute to making Boulder such a great place in which to age well.

A NEW FRONTIER IN THE SENIOR SERVICES - RSVP PARTNERSHIP.

I hope by now that many of you have experienced the fruits of this new frontier in our partnership because you have watched our new monthly Senior Focus on the city's TV station, Channel 8. Yes, because of the partnership, our agencies are now offering a monthly rather than a

quarterly program. More frequent programming will allow us to keep you and other members of the senior community up to speed on what is happening in our respective organizations as well as on issues of local, state, national importance to seniors. Do check us out by tuning in to another community partner, Channel 8.

OUR 2005 ANNUAL REPORT. The report - which highlights the accomplishments, events, and performance measures of last year - is now available on-line on our website, www.boulderseniorservices.com. Check it out. After all, it's all about you!



Phyllis Klicker recently joined the Senior Services staff. She works behind the scenes at the West Senior Center taking care of our financial records. Phyllis has been with the city for 12 years in the parks and recreation department. Also, she teaches jazz, hip hop, tap and baton with the cities of Louisville and Lafayette.

We are thrilled to have her on our team!

Boulder Senior Services Magazine

is produced cooperatively by Boulder Senior Services and the Boulder Seniors Foundation

Editors: Karen Morgan, Chuck Shirk, and Diane Evans

Main Phone Number: (303) 441-3148

*Design/Consultant/Prepress: One World Arts
Advertising Sales: John at One World Arts
Advertising inquiries welcome.
Contact One World Arts, (303) 444-6996*

SENIOR SERVICES

Senior Services SPRING 2006



West Senior Center

7 a.m. to 4:30 p.m.,
Monday - Friday
909 Arapahoe Avenue
Boulder, CO 80302
(303) 441-3148



East Senior Center

7 a.m. to 4:30 p.m.,
Monday - Friday
5660 Sioux Drive
Boulder, CO 80303
(303) 441-4150

East and West Senior Centers Closed

Please mark your calendars:

Memorial Day, Monday, May 29, 2006

**East Center Closed for Maintenance, Monday, June 5
through Sunday, June 11**



Elder Law, Wills, Trusts, Estate Planning and Probate

More than 30 years
combined experience and
up-to-date education.

We welcome the
opportunity to serve you
and your legal needs.

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john@studholmecolaw.com

John A.
Studholme
Attorney and
Counselor at Law

- Past President
of the American
Cancer Society
- Public Speaker
on estate
planning issues



Staff member Karen Morgan rang the gong for the commencement of the Mah Jongg Tournament; Thanks to DecorAsian at 15th and Pearl for loaning us the gong for the day.



Lyn Young was the grand champion at our first Mah Jongg Tournament.



J.P., Bea and Margie had a good time at the Mah Jongg Tournament. And almost everyone went away with a prize or a door prize!

AARP-IRS TAX AIDE

AARP-IRS TAX-AIDE program will offer free personal income tax assistance for people age 60 and above and for those of low or moderate income. Counselors are specially trained and tested each year in cooperation with the U.S. Treasury Internal Revenue Service and the Colorado Department of Revenue to understand those provisions of the Tax Code that affect older people on U.S. Forms 1040, 1040A, 1040EZ and Colorado Forms 104.

Tax preparation will be held at the West Boulder Senior Center, 909 Arapahoe Ave. every Tuesday morning from Feb. 7 through April 11, 2006. Call (303) 441-3148 for a reservation at the West Center. Tax preparation will also be held at the East Boulder Senior Center, 5660 Sioux Drive, on Thursday mornings, February 9, March 9, March 23, and April 6. Call (303) 441-4150 to reserve a place for these dates at the East Center.

A shut-in service is available to those who cannot travel. Call Judy Herbet at (303) 499-2436 to request an appointment for shut-in service. For those who prefer to prepare their own taxes, one can get information and forms by personal computer on the World Wide Web: <http://irs.gov> or by telephone: 1-800-TAX-FORM (1-800-829-3676) or by fax: 1-703-368-9694.



SENIOR OPEN STAGE

Friday, April 21
West Senior Center
12:30 p.m.
Free

Come for lunch at 11:30 a.m.
 at Café Classico, \$3.50

WANTED: Talented Seniors

Are you a singer? A poet? Do you have a special way with telling funny stories? It's time to show off for your friends and acquaintances at our Friday Afternoon Open Stage on April 21. Starting at 12:30 pm, entrants would be given 5 to 10 minutes on stage in the Creekside Room to perform in front of their peers. Contact Dave at (303) 441-3148 to sign up or for more information.

You are Invited

Come see your friends and acquaintances show off their special skills and talents on Friday, April 21. Start off with a delicious lunch at Café Classico at 11:30 a.m. then stay for a performance by a variety of local seniors starting at 12:30 p.m.

55 Alive Driving Programs

Classroom refresher for the mature driver is offered through AARP at the West Senior Center. Information: (303) 764-5995. Class dates are:

- March 13, 14
- April 10, 11
- May 8, 9

Reduced Fee Program

Offers discounts to seniors who meet the following criteria:

- Income is under \$22,214 for one or \$31,433 for a couple
- Liquid assets are below \$30,000 (cash value items like savings, CD's investments), but not your primary residence, car, etc.
- Age is 60, or 55 to 60 with Medicaid
- Are residents of the City of Boulder

Senior Services Participation

A person may participate in Senior Services activities at age 60. Individuals under age 60 may register for any activity that is still open beginning March 1. A caregiver for a senior may register at the same time as the senior and pay the senior fee. Individuals 60 and over are invited to join the Gold Rush for discounts on Senior Services programs. For Gold Rush membership information, see page 7. The Café Classico at the West Senior Center is now open to all members of the community of any age. Lunch is only \$3.50! Please let us know if you have any questions.

Low-Cost Parking Permit Program for the West Senior Center



This program has been designed to offer center participants increased access to parking spaces in the West Center's parking lot at a very low cost. The program should also improve access to the six parking spaces in the library's parking lot that are reserved for West Center patrons.

2006 Fees:

Gold Rush Resident \$4.00
Gold Rush Non-Resident \$6.00
City Resident \$8.00
Non Resident \$10.00

You may purchase a 2006 permit beginning April 1 at a 25% discount. Permits are on sale during regular business hours at the West Senior Center Monday – Friday, 7 a.m. to 4:30 p.m. Permits expire December 31, 2006. Information: David Coile, (303) 441-3148

NEW! Theme Lunches at Café Classico at the West Senior Center!

Wear your theme outfits for special Cafe Classico days the last week in April. Let's celebrate the end of income tax time, and the beginning of spring!

- On Tuesday, April 25, get out your Hawaiian outfit and have a Hawaiian lunch at Cafe Classico.
- On Wednesday, April 26, wear your western clothes and enjoy a chuckwagon menu.
- On Thursday, April 27 wear a funny hat!

Lunch is \$3.50 for all ages, and served from 11:30 to 12:30.

Meals on Wheels and Senior Center staff will dress up too! Join in on the fun! No reservations required.

NEW! Seniors on the Move, Go Wherever Life Takes You – on RTD

Seniors on the Move, a new transportation initiative of Special Transit's Easy Rider Program, offers group classroom instruction and a field trip to help older adults learn how to get around using RTD buses. Susan Unger, Special Transit's Travel Trainer, will walk you through the fundamentals of bus travel in class on the first day followed by a local field trip the second day. Also, check out Special Transit's Easy Rider Program information table at the West Boulder Senior Center on Thursday, April 20 between 11 a.m. and 1 p.m.

Location: West Senior Center
Date: Tues. & Wed., May 16 & 17
 9 to 11 a.m., 2 classes
Fee: Free. Bus passes will be provided.
To register: Call Susan at (303) 447-2848, ext. 155

"Identity Theft Prevention and the Latest Local Scams" and free Anti-Fraud Forum

Tuesday, March 14, 2006, 8:30 – 11:30 a.m.

East Boulder Senior Center

5660 Sioux Drive

Presented by

Seniors and Law Enforcement Together (S.A.L.T.)

8:30 to 9:00 a.m. - Refreshments and Video about identity theft and . . . other scams

8:30 – 10:30 a.m. - Better Shredder

The **Better Shredder** Security Service truck will be in the parking lot at the Senior Center from 8:30 to 10:30 a.m. to shred your old documents safely and confidentially for you. THIS IS A FREE SERVICE FOR THIS EVENT. Bring them in boxes or bags; it's okay if they have staples in them. We will help you unload papers from your car.

9:30 – 11:30 a.m. - Presentation

Cynthia Taylor, Director of the Consumer Division of the Boulder County District Attorney's Office, will address the latest scams and how you can protect yourself. We will be showing a short video about the psychological tricks that con artists use to trap their victims.

Please RSVP to the RSVP office:

(303) 443-1933 or rsvp@rsvpboulder.org

GREAT DOOR PRIZES!!

REFRESHMENTS & VIDEO START AT 8:30 a.m.!!

Senior Day at the Capital Wed. March 29, 2006

9 a.m. - noon

For more information, call Barb Martig at (303) 441-1618, before March 20.



GOLD RUSH

Join the many others who take advantage of our special Gold Rush discounts at the senior center and at select business partners. As a Gold Rush member you:



- receive discounts on selected activities offered by Boulder Senior Services
- are entitled to register early before non-Gold Rush members
- are eligible to join BME credit union
- receive discounts from Gold Rush Business Partners

Join or renew Gold Rush now.

\$12 for the primary member, \$7 for a second member of the same household.

Membership is valid for one year from the date you join. Register for Gold Rush at the East or West Center or by calling (303) 441-3148 or (303) 441-4150.



GREAT CHEFS AT AJI

Aji features cuisine that reflects the rich flavors of the colorful cultures of Latin America. With a fresh ceviche bar, an extensive list of exotic beverages, a visit to Aji will be a true culinary exploration!

Aji offers not only an exploration of South and Central American cuisine, but also a walk through some of the many rich and varied styles of art and handicrafts that come from these cultures. These include: authentic

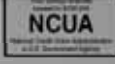

We've got a Green Thumb When it Comes to Rates!



**Certificate
Rates as high as
5.00% APY***

Anyone age 60 or over in Boulder County is eligible to join BME Federal Credit Union through the Boulder Senior Services Gold Rush Program. Call for details.

*Rate above applies to 60 month certificate

Main Office: 2800 Arapahoe Ave Boulder CO 80303 Lafayette Branch: 110 E South Boulder Rd Lafayette CO 80026 Federal Credit Union (303)441-7800 www.bmecu.org e-mail@bmecu.org	 
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examples of Pre-Columbian artwork, and modern paintings by Venezuelan artist Beatriz Gomez. Some of the artwork was commissioned specifically for Aji. Andean masks inspired by pre-Hispanic art, handmade, woven wool tapestries and a number of traditional handicrafts from the Andes region can be found throughout the restaurant.

Meet at Restaurant.

Location:	1601 Pearl Street	
Date:	Monday, March 6, 4:00 – 5:30 p.m.	
Fee:	Gold Rush Resident	\$14
	City Resident	\$15
	Gold Rush Non-Resident	\$16
	Non-Resident	\$17
Bar Code:	91528	

New Gold Rush Partner!



Pellman's Automotive Services is now offering a discount for Gold Rush members.

Pellman's Automotive Services, (303) 938-4050

Our newest Gold Rush Business partner is Pellman's Automotive Services located at 2560 49th Street between Pearl Street and Old Pearl east of Foothills Parkway. Pellman's is both AAA approved and ASCI certified. Gold Rush members will receive 10% off labor at this full service repair facility. Stop by and meet the owner/operator Brad Pellman for old fashioned, personal service. His certified, trained technicians work on both domestic and imported cars. Their courtesy shuttle will also make using this new partner easy for you. Next time you need service, give Pellman's a try.

55+ WELLNESS

Enhance Your Health —

Join the 55+WELLNESS Program

Benefits to members include:

- ◆ Meeting with a nurse 12 times a year for blood pressure, pulse and weight checks
- ◆ Individual counseling with the nurse about health issues
- ◆ Other services—urinalysis, colon cancer screening, oxygen level monitoring and blood sugar screening
- ◆ Footcare available by a registered nurse (\$35 for 1/2 hr. appointment)

Program times and locations:

WEST BOULDER SENIOR CENTER

8:30 a.m. to 3 p.m.

1st Monday & 3rd Friday on the month

EAST BOULDER SENIOR CENTER

8:30 a.m. to 3 p.m.

4th Thursday of the month

Membership is only \$40 per year.
To join, call 303 441-0444 today.



Boulder Community Hospital



CLASSES

ART

CERAMICS LAB

This class will be working under the direction of Dorreen Mitchell, who has been working with ceramics and clay handbuilding for over 20 years. Ceramics students will be involved in cleaning, glazing, dry brush painting, undercoats, stains, decals and special painting. Each person chooses the ceramic pieces they will work on and pays the corresponding material fee. Firing is done by the instructor.

Instructor:	Dorreen Mitchell	
Location:	West Senior Center	
Fee:	Gold Rush Resident	\$26
	City Resident	\$28
	Gold Rush Non-Resident	\$31
	Non-Resident	\$33

Materials and firing fee extra, payable through facilitator

Session I

Date: Wednesday, March 1 - March 29
8:30 a.m. to noon, 5 classes
Bar Code: 91535

Session II

Date: Wednesday, April 19 - May 17
8:30 a.m. to noon, 5 classes
Bar Code: 91536



Gay shows off the colorful rooster she made in ceramics lab

Oil & Acrylic

You can learn to paint! Join our class and learn to use composition, color and how to get depth in your paintings. Nan Morris is an experienced artist and teacher and has taught for many years. She will teach you many techniques and skills. There will be individual help plus demonstrations in palette knife and brush work. Nan works in all mediums.

Instructor:	Nan Morris	
Location:	West Senior Center	
Date:	Tuesday, April 4 - May 23	
	12:30 to 3:30 p.m., 8 classes	
Fee:	Gold Rush Resident	\$53
	City Resident	\$55
	Gold Rush Non-Resident	\$57
	Non-Resident	\$59
Bar Code:	91574	

Afternoon Advanced Watercolor

This class is for students who have painted for some time and are comfortable working individually or working on a class project. There is much individual creativity and subject matter. A class demo is usually given to work on with instructor or follow other plans for art work. It's a casual atmosphere where everyone has a great time painting and visiting.

Instructor:	Becky Everitt	
Location:	East Senior Center	
Date:	Tuesday, April 4 - May 9	
	12:30 to 2:30 p.m., 6 classes	
Fee:	Gold Rush Resident	\$30
	City Resident	\$33
	Gold Rush Non-Resident	\$35
	Non-Resident	\$38
Bar Code:	91575	

COMPUTER

Computers One on One

Receive private tutoring on computer skills. Review information from Computer Literacy or previous classes you have taken. Ask general questions and learn one on one. Call the West Senior Center to schedule your individual appointment, (303) 441-3148.

Instructor: Debbie Garelick
Location: East or West Senior Center
Date: Select one or more Mondays between March 6 and May 22, no class March 27
 1 to 2 p.m., 1 class

Fee	City Resident	\$28
	Non-Resident	\$30

You will be contacted prior to your session by the instructor. Please call our front desk, (303) 441-3148, if you have not been contacted.

Bar Code: COM1

Digital Camera One on One

Receive private tutoring on your own digital camera. Requirements for tutoring: Student must bring a digital camera with its original operating manual to the tutoring session. Sign up for one session or more depending on your needs. You may bring your own laptop computer.

Instructor: Jennifer Cohen
Location: East or West Senior Center
Date: Select one or more Wednesdays between March 8 and May 24, no class March 29
 9:15 to 10:45 a.m., 1 class

Fee:	City Resident	\$42
	Non-Resident	\$44

You will be contacted prior to your session by the instructor. Please call our front desk, (303) 441-3148, if you have not been contacted.

Bar Code: DIG1



Ken Fernald is the volunteer assistant in our computer classes. Thank you for your help, Ken!

Create Your Own Free Website **NEW!**

It's easy! Just point and click and create your own free website. Insert text and photos to share with family and friends on the World Wide Web. Prerequisite: Students must have knowledge of how to use a mouse. You will want to bring at least one digital photograph on a CD or a 3 1/4 inch disk.

Instructor: Jennifer Cohen
Location: City Computer Training Lab, the Atrium Building, 1300 Canyon

Fee:	City Resident	\$28
	Non-Resident	\$30

Session I

Date: Monday, March 6 - March 13
 9:30 to 10:30 a.m., 2 classes
Bar Code: 91592

Session II

Date: Monday, May 1 - May 8
 9:30 to 10:30 a.m., 2 classes
Bar Code: 91593



Internet Level I

Discover the wonders of 'Surfing the Net' and learn how to travel the world from the comfort of your home. In this class we will review Windows concepts; understand the basics of Web Pages; cover URL's; learn how to find, start and stop Links; use the tool bar, buttons and bookmarks; learn about Search Engines, WWW searches; and using the Help feature. Additionally, you will learn to research your interests, i.e. art, travel, genealogy, cooking. Prerequisite: Computer Concepts Level I, Computer Literacy, or demonstrated mouse and Windows skills.

Instructor: Debbie Garelick
Location: City Computer Training Lab,
 Atrium Building, 1300 Canyon
Date: Monday, April 3 - May 15
 10:45 a.m. to 12:15 p.m., 6 classes
Fee: City Resident \$104
 Non-Resident \$124
 NO CLASS on April 17, 2006.
Bar Code: 91578

DANCE

Ballroom and Latin Dance

Al and Mary Sinner will be teaching the fundamentals of ballroom and Latin dance. A partner is not needed. Al and Mary can work with seniors with a variety of skill levels. This is a fun class. Input will be taken from the group as to which dances they want to work on.

Instructor: Al & Mary Sinner
Location: East Senior Center
Fee: Gold Rush Resident \$21
 City Resident \$22
 Gold Rush Non-Resident \$26
 Non-Resident \$27



Session I

Date: Wednesday, March 1 - March 22
 1:30 to 2:30 p.m., 4 classes
Bar Code: 91537

Session II

Date: Wednesday, April 5 - April 26
 1:30 to 2:30 p.m., 4 classes
Bar Code: 91538

Session III

Date: Wednesday, May 3 - May 24
 1:30 to 2:30 p.m., 4 classes
Bar Code: 91539



Line Dancing

The instructor will demonstrate the steps and guide you through them. The instructor has been teaching for several years, attends national dance conferences and keeps up with the latest steps. All levels are welcome; join the group, learn, dance and have fun.

Instructor: Judy Yamakishi
Location: East Senior Center
Fee: Gold Rush Resident \$17
 City Resident \$19
 Gold Rush Non-Resident \$21
 Non-Resident \$23

Session I

Date: Thursday, March 2 - March 23
 1 to 2:30 p.m., 4 classes
Bar Code: 91542

Session II

Date: Thursday, April 6 - April 27
 1 to 2:30 p.m., 4 classes
Bar Code: 91543

Session III

Date: Thursday, May 4 - May 25
 1 to 2:30 p.m., 4 classes
Bar Code: 91544





Tap Dance

Ready to 'shuffle off to Buffalo' and 'give your regards to Broadway'? The basics of tap dancing will be presented in a fun, supportive atmosphere. All levels welcome. Sylvia Jensen has been teaching tap dance to all ages for many years. She will contact participants regarding the required tap shoes or Mary Janes before the first class.

Instructor: Sylvia Jensen

Location: Dance Studio, East Boulder Community Center

Date: Thursday, April 13 - May 18
9 to 10 a.m., 6 classes

Fee:

Gold Rush Resident	\$40
City Resident	\$42
Gold Rush Non-Resident	\$45
Non-Resident	\$48

Bar Code: 91580



Michael Keating and Joanie O'Brien team teach the Spanish classes. You can see from this photo that they really enjoy Mexican culture. This is another shot by one



of our volunteer photographers, Joe Printz, who is also studying Spanish.

Jean and Diane attend the Spanish classes where they jump right into conversation!

Spanish

Our new Spanish class is for people who have had a little Spanish at some time in their life and would like to practice using it. Conversational topics will cover common situations of daily life, such as eating out, shopping at the supermarket, taking in a movie, visiting the doctor, traveling and buying bus or plane tickets, and attending family gatherings. Easy paced classes at the East Senior Center can give you just what you need for a smoother vacation to a Spanish speaking destination. Required text is the IDIOTS POCKET GUIDE TO SPANISH PHRASES, the same textbook used by teachers Joanie O'Brien and Michael Keating in their basic Spanish classes here this year. Provide your own transportation and lunch if the group goes to a restaurant.

Location: East Senior Center

Date: Thursdays & Mondays,
April 20 - May 8
9:30 to 11 a.m., 6 classes

Fee:

City Resident	\$55
Non-Resident	\$60

Bar Code: 91573



Ideas for Today

Three of CU's outstanding professors will present stimulating lectures on their specialties. Sign up for one, two, or get a discount by signing up for all three lectures.

Location: East Senior Center

Session I – "European Perspectives on the Iraq War"

Instructor: Joseph Jupille, Ph.D.,
Department of Political Science
Date: Friday, May 5
10 to 11:15 a.m., 1 class
Fee: \$5
Bar Code: 91582

Session II – "The Last Sentry: the true story that inspired The Hunt for Red October"

Instructor: Greg Young, Ph.D.,
Political Science Department
Date: Friday, May 12
10 to 11:15 a.m., 1 class
Fee: \$5
Bar Code: 91583

Session III – "Stem Cells, Cloning and Biological Engineering"

Instructor: Janet deGrazia, Ph.D. Dept. of
Chemical and Biological
Engineering
Date: Friday, May 19
10 to 11:15 a.m., 1 class
Fee: \$5
Bar Code: 91584

Ideas for Today Package Discount


Fee: \$12 for all three lectures
Bar Code: 91585

LEISURE

Beginning Bird Watching

Would you like to learn how to identify birds? Then, this basic class is for you. You will learn the basics of bird identification, learn to know area birds, learn how to use a field guide and learn how to use binoculars correctly. In addition, you will participate in a field trip to put those basic skills to work. This class is designed to be fun as well as to help the beginning bird watcher in bird identification. Bring to class 1 three-ringed notebook. Transportation on your own for Friday, March 24, morning field trip.

Instructor: Suzie Plooster
Location: East Senior Center
Date: Monday, March 6 - March 20
7 to 9 p.m.,
3 classes and one field trip.
Fee: Gold Rush Resident \$30
City Resident \$32
Gold Rush Non-Resident \$37
Non-Resident \$40
Bar Code: 91577



"The City of Boulder, Division of Senior Services, serves individuals regardless of race, creed, color, sex, sexual orientation, gender variance, genetic characteristics, marital status, religion, national origin, ancestry, age, or mental or physical disability." Anyone who believes they been subject to discrimination can call (303) 441-3148.

Creative Rubber Stamping

Create 'oh's & 'ah's from family & friends with the items you design in our on-going Rubber Stamping classes. Join us as we continue to learn even more rubber stamping techniques for making classy greeting cards & creating personalized gifts. Beginning & experienced rubber stampers & those curious about this current creative craze are welcome to join us at any session. There is a \$3 materials charge payable to the instructor at each class.

Instructor: Carol Koch
Location: East Senior Center
Fee: City Resident \$10
 Non-Resident \$12

Session I - Spring at Last

Date: Thursday, March 9
 1 to 3 p.m., 1 class
Bar Code: 91545

Session II - Frogs and Such

Date: Thursday, April 6
 1 to 3 p.m., 1 class
Bar Code: 91546

Session III - Raining Cats and Dogs

Date: Thursday, May 11
 1 to 3 p.m., 1 class
Bar Code: 91547



Creating My Legacy NEW!

Lifewriting encourages us to share our stories with the people in our lives. This course will help you express and communicate your life experiences and the meaning behind them. For this five-week session, you will be paired with a student from CU's 'Literature of Lifewriting' course. Using a manual of weekly lifewriting activities, you will work with students to create a short (4-6 page) memoir focused on a meaningful life event. These essays will be shared in the final session and compiled in an anthology for you to keep. Computer skills are not necessary.

Location: West Senior Center
Date: Monday, March 13 - April 24
 3 to 4:15 p.m., 5 classes
Fee: City Resident \$10
 Non-Resident \$12

NO CLASS on March 27 or April 3. Please Note: A parking permit must be purchased to park in the West Senior Center parking lot. Permits may be purchased at the front desk of the center.

Bar Code: 91587

WRITE ON!



This class focuses on writing your life stories as you remember them. If you can't seem to get started or think you don't know how to write, no problem. Your family or friends may be urging you to write stories about ancestors or yourself from various stages of life and from eras they will never know the way you do. Receive 150 'memory joggers'. Choose an audience, develop a plan. Explore anecdote, narrative techniques, style, use of humor, resources and much more. Please bring a 1 inch wide 3 ring notebook.

Instructor: Jacqui Goeldner
Location: West Senior Center
Date: Tuesday, March 14 - April 25
 1 to 3 p.m., 6 classes
Fee: Gold Rush Resident \$24
 City Resident \$28
 Gold Rush Non-resident \$32
 Non-resident \$36
Bar Code: 91586



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Phil Garonzik - Branch Manager





Take our new doll-making class and you can make one of these "Sugar Britches" dolls to treasure.

Doll Making **NEW!**

Make a porcelain and fabric doll called Sugar Britches, a sweet, realistic 18 inch baby who wears preemie clothes. The teacher will provide the pattern for the body, and sell you the doll parts and materials you will need at the first class for about \$30.00. Paints and brushes will be furnished. In four weeks you can make an heirloom doll to cherish or give to a special young girl in your life.

Instructor: Bonnie Elliston

Location: West Senior Center

Date: Thursday, April 6 - April 27
9:30 to 11:30 a.m., 4 classes

Fee:	City Resident	\$35
	Non-Resident	\$38

Please Note: A parking permit is required to park in the West Senior Center parking lot. Permits may be purchased at the front desk of the center.

Bar Code: 91589



Amelia Tanttila, Attorney at Law

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Living Wills, Probate*

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720 841 3291

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Easy Bridge II

All newer or novice bridge players can have fun with the Easy Bridge II lessons, and the fun game that follows each lesson. This class is a continuation of the Easy Bridge I class held this winter; but if you have some knowledge of bridge, you do not need to have taken our Easy Bridge I Class. You do not need a book. There will be an 8 to 10 Board game following each lesson that will include a discussion and summary of each hand. Don't miss the opportunity to learn contract bridge by bidding and playing all the fun hands of the Easy Bridge games. Handouts for each lesson will be provided along with a record and a summary for each hand.

Instructor: Jim Steele

Location: West Senior Center

Date: Friday, April 7 - May 26
9:30 a.m. to noon, 8 classes

Fee:	City Resident	\$45
	Non-Resident	\$55

Please note: A parking permit is required to park in the West Senior Center parking lot. This can be purchased at the front desk.

Bar Code: 91581



Popular Bridge Conventions

During this 10 week course a different bridge convention will be covered each session. Learn about Weak Two-Bids, Jacoby Transfers, Negative Doubles, and many more additions to the Standard American Bidding System. Come see what all the excitement is about with these fun additions to modern bridge bidding. This class is for intermediate to advanced bridge players

Instructor: Sandy Koller
Location: East Senior Center
Date: Wednesday, May 3 - July 19
 10 a.m. to 12:30 p.m., 10 classes
Fee: City Resident \$52
 Non-resident \$62
Bar Code: 91576

MUSIC

Intermediate Recorder

Improve your musical and ensemble skills, play a variety of music, improve coordination and reading skills, and gain a whole new family of friends. This class is quite a special experience.

Instructor: Rosemarie Terada
Location: East Senior Center

Session I

Date: Wednesday, March 8 - April 19
 9:30 to 11:30 a.m., 6 classes
Fee: Gold Rush Resident \$57
 City Resident \$58
 Gold Rush Non-Resident \$61
 Non-Resident \$62

NO CLASS on Wednesday, March 29. Material fee on your own (music and instrument) range \$10-\$30.

Bar Code: 91540



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Session II

Date: Wednesday, May 3 - May 24
 9:30 to 11:30 a.m., 4 classes
Fee: Gold Rush Resident \$38
 City Resident \$39
 Gold Rush Non-Resident \$40
 Non-Resident \$41

Material fee on your own (music and instrument)
 range \$10 - \$30.

Bar Code: 91541



PERSONAL DEVELOPMENT

From Age-ing to Sage-ing™

Life is a journey. Aging bodies and minds present unique opportunities not available to us in our younger years. In this series, we will explore the idea of conscious living as the path to wisdom. Based on the book, From Age-ing to Sage-ing, and the transpersonal work of local sage Rabbi Zalman Schachter-Shalomi. During our time together, we will observe and consider and weigh and test ideas ----“busting out” of our old ways--- while at the same time gaining an appreciation of our heritage and the past.

During the three sessions, each participant will explore life purpose and passion, and will practice bringing that awareness into everyday life. This session will inspire you to deepen contemplative life, appreciate family and the life path you have taken, and connect you with like-minded friends through group discussion, individual exercises and creativity.

Facilitators: **Maureen Dobson, MSW,**
Certified Sage-ing™ Leader
Lori Miller, MS,
Sage-ing Circle™ Facilitator

Location: East Senior Center
Date: Tuesday, April 11 - April 25
10 to 11:45 a.m., 3 classes
Fee: City Resident \$36
Non-Resident \$42
Bar Code: 91591

What goes bump in the middle of the night? **NEW!**

As we age, what are the thoughts that keep us awake at night and what might we do about them? Specifically those thoughts and fears that emerge as we grow older. Most of us are quite aware of our feelings, but may not be aware of the basic wants/needs that give rise to them.

Only through becoming aware of those needs - needs that when fulfilled can make us happy and when not met can make us feel uneasy or anxious. Let's explore what resources we are able to call upon to meet these needs.

While not a course in Nonviolent Communication (NVC) the facilitators will use the techniques of NVC to help each member of the group become more aware of their needs and to teach them how to reach out with requests to themselves or others to help those needs be fulfilled. Thus, those scary bumps become legitimized and manageable, and our lives become more satisfying.

Facilitators: **Kate Kendrick, M.A.,**
Psychotherapist and
Communications Coach
Al Weinberg, MA., M.S., and Ph.D.

Location: East Senior Center
Date: Thursday, April 20 - May 11
10 to 11:45 a.m., 4 classes
Fee: City Resident \$48
Non-Resident \$54
Bar Code: 91590



DAY TRIPS

Helpful Tips for Day Trips

All trips depart from the McDonald's located at 1800 28th Street in Boulder. The parking lot is located just to the north of McDonald's. Check in with the Senior Services escort in the south atrium of McDonald's before boarding the bus, and be aware **that all return times are approximate.** See page Insert 2 for registration information. Advance registration is required for all day trips.

There are several ways that you can help make the trip program run smoother:

- Please check in with the escort in the south atrium of McDonald's.
- If you need to cancel a trip on the day of the event, please call either the East Center (303) 441-4150 or the West Center, (303) 441-3148. Both centers open at 7 a.m. and they are able to contact the trip escorts and inform them of your cancellations. There is no guarantee of refunds.
- Please arrive at check-in 15 minutes before trip departure so that everyone can be checked in and boarded on the bus and the trip can depart at the designated time.



Limited number of spaces available to wheelchair users.



Gold Rush members are given a discount on these trips.

Wildlife Experience in Parker

Travel to Parker to visit the world's last wild places: the savannas, jungles, mountains, deserts and plains. Journey through nine galleries in the museum and view the giant IWERKS Extreme Screen Theatre. Lunch will be on your own in the Cafe.

Date: **Wednesday, March 1**
9:45 a.m. to 3:30 p.m.

Fee: **City Resident \$15**
Non-Resident \$18

Includes transportation and admission. Lunch on your own at Wildlife Experience. RTD Bus

Bar Code: 91605



There is a lot of excitement over the new bus!



Blair Smallwood has contributed a lot to Senior Services



Travel with friends in comfort



Bonnie Minor and Becky Berg discuss day trips.

"The Boyfriend"/ Buell Theatre



Directed by its original Broadway star, Julie Andrews, "The Boyfriend" is a jazzy, romantic spoof of 1920's musical comedy. Romance blooms on the French Riviera when an English heiress falls for a delivery boy and professes her love at the Grand Ball. This musical includes timeless music such as, "Won't you Charleston with Me?" and "It's never too late to fall in love."

Date:	Saturday, March 4	
	12:30 to 5:30 p.m.	
Fee:	Gold Rush Resident	\$76
	City Resident	\$79
	Gold Rush Non-Resident	\$91
	Non-Resident	\$94

Includes transportation and admission. Senior Services Bus
Bar Code: 91606

Enos Mills/ Colorado History Museum

John Stansfield, author of Enos Mills: Rocky Mountain Naturalist, presents a one-man performance reenacting key moments in the remarkable life of Enos Mills, whose legacy is enjoyed by all who share his passion for and appreciation of the natural beauty of the Estes Park area. Following the program, enjoy the many engaging exhibits available in the Colorado History Museum.

Date:	Monday, March 13	
	9:30 a.m. to 2:30 p.m.	
Fee:	City Resident	\$13
	Non-Resident	\$16

Includes transportation, admission and performance. Bring a sack lunch or purchase across the street. RTD Bus
Bar Code: 91608

"Late Night Catechism 2"/ Arvada Center



The Arvada Center will be presenting the long awaited sequel to the comedy hit, "Late Night Catechism 2". Sister shares the goal of every nun - to get herself into heaven first and then bring along as many of the faithful as possible, thereby securing her own wings and possibly the salvation of countless others.

Date:	Wednesday, March 22	
	11:45 a.m. to 4:30 p.m.	
Fee:	City Resident	\$39
	Non-Resident	\$47

Includes transportation and performance. RTD Bus
Bar Code: 91609

Denver Pow-Wow

Take part in the 32nd annual Denver March Pow-Wow. Enjoy some of the finest American Indian singing and dancing. Don't forget to taste the delicious fry bread and to visit the storytelling room and the 170+ arts and crafts booths.

Date:	Sunday, March 26	
	9 a.m. to 2 p.m.	
Fee:	City Resident	\$6
	Non-Resident	\$7

Includes transportation only. Admission is free if you are 60 or over and if you are under 60 the fee is \$6.00. Lunch on your own at the Pow-Wow. RTD Bus
Bar Code: 91610

"The Black Hole: The Other Side of Infinity"



Gates Planetarium is presenting an extraordinary show about the black hole. Experience the creation of the Milky Way Galaxy and witness the violent death of a star and subsequent birth of a black hole. The show is at 1 p.m. and there will be time to browse through the museum and have lunch first. Lunch will be on your own.

Date:	Wednesday, March 29	
	9:30 a.m. to 3 p.m.	
Fee:	City Resident	\$19
	Non-Resident	\$23

Includes transportation and admission. RTD Bus
Bar Code: 91611





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 Look What's Coming Up!

Important Telephone Numbers

West Senior Center.....303-441-3148
 East Senior Center303-441-4150
 55+ Wellness Program.....303-441-0444
 Accident Report303-441-3333
 Care Link /Adult Day Svs.....720-562-4470
 Center for People with
 Disabilities303-442-8662
 Close Call Phone Line303-441-4272
 City Information303-441-3388
 Eldershare Food Program.....303-652-1307
 Fire Prevention/Safety.....303-441-4355
 Flu Shot Hotline303-441-1450
 Ice Busters303-441-3157
 LEAP303-678-6023
 Meals on Wheels.....303-441-3908
 Medicare Ombudsman303-441-1706
 Police Senior Liaison303-441-3322
 Pothole Hotline303-441-3962
 R.S.V.P303-443-1933
 RTD.....303-299-6000
 Time Exchange Network303-228-3404
 Social Security Office.....1-800-772-1213
 Special Transit303-447-9636
 Street Maintenance303-413-7162
 Workforce Boulder County ..303-301-2900

Senior Services Staff

Website:

boulderseniorservices.com

Director of Senior Services,

John Riggle 303-441-4365

Assistant Director of Senior Services,

Diane Evans 303-441-3918

Communication Assistant

and Program Coordinator: Classes,

Karen Morgan 303-441-3914

Program Coordinator: Travel,

Sarah Rebman 303-441-3915

Program Coordinator:

Sports, Wellness Programs,

Jan Meyer 303-413-7489

Community Resources

Coordinator: Sandy Hollingsworth

Resource Referral: Sandy Short &

Nancy Harper..... 303-441-4388

Receptionist

David Coile 303-441-3148

Receptionist

Sharon Loy..... 303-441-4150

Facility Scheduling Coordinator,

Anna Taylor 303-413-7494

Facility Scheduling Coordinator,

Chuck Shirk..... 303-441-4438

Bookkeeper,

Phyllis Klicker 303-441-4437

Registration 303-441-3148

or 303-441-4150

Registration/Refunds/ Cancellations

REGISTRATION

When to register

Mail in your registration, drop it off, fax it in, or use our web site at www.boulderseniorservices.com to register for the Spring session. Gold Rush members' registration will be processed by a lottery system on Wednesday, February 15. All other registrations will be processed by a lottery system on Thursday, February 16. Walk-in and Phone-in registration begins at 8:30 a.m., Tuesday, February 21.

Senior Services saves money by using bulk rate to deliver our magazine through the U. S. Postal Service. The post office delivers bulk rate mail to each zip code when carriers are available, so seniors receive their magazines at varying times. This is why we instituted a lottery system for registration several years ago.

When we receive your registration, whether it is faxed, dropped off, or mailed, we hold it until the first day of registration. Gold Rush members are processed one day earlier than other participants as a benefit for being members. We do not process registrations in the order in which they arrived. They are placed in a holding bin and randomly drawn on the day of registration. There is no guarantee that you will be registered for the activity you requested. Be sure your registration form is accurate and complete, because your registration will be delayed if we need to contact you.

Gold Rush Priority Registration:

The first day of registration (Feb. 15) will be devoted to processing registrations mailed, faxed or dropped-off by Gold Rush members. A lottery system will be used.

On-Line Registration:

Seniors may register on-line beginning Feb. 22 at www.boulderseniorservices.com. You must be 60 or over and have your PIN and personal Bar Code number. Call (303) 441-3148 or (303) 441-4150 to obtain your numbers.

Please Note:

- Make your check payable to "City of Boulder".
- Include completed and signed registration form, and check or charge information. Do not mail cash.
- There will be a \$15 fee for returned checks.
- All programs are subject to cancellation if minimum enrollment numbers are not met.
- If your activity is cancelled by Senior Services, you will receive full refund or credit.
- Refund checks requested by our customers are subject to a \$5.00 processing fee. Save \$5.00 by requesting a credit to your Senior Services account instead. Senior Services account credit will be given instead of refund checks for amounts less than \$10.00.

The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office of Consumer Affairs at 303-441-3700 or the Attorney General's office, 303-866-5225/Spanish, 303-866-4828 with questions.

Where To Register

1. West Senior Center

909 Arapahoe Ave.
Boulder, CO 80302
303-441-3148
Fax: 303-441-4149

2. East Senior Center

5660 Sioux Drive
Boulder, CO 80303
303-441-4150
Fax: 303-413-7495

3. Online:

www.boulderseniorservices.com

REFUND AND CANCELLATION POLICIES

All refund checks are subject to a \$5 processing fee unless Senior Services made the cancellation. Save \$5 by taking a credit to your Senior Services account instead. Please allow 2 weeks for a refund check.

Day Trips

10 business days or more from date of trip, full credit on your Senior Services account, or a refund minus processing fee of \$5.00.

Less than 10 business days from date of trip, no refunds or credit given.

Call Senior Services for assistance if needed to fill your spot.

For safety and liability reasons, call Senior Services if you transfer your reservation to another person. (or, if another person will be coming in your place)

Overnight Travel

Please refer to specific trip itinerary for refund policy.

Classes, Sports

(includes one on one tutoring)

No refunds or credit given if you cancel less than 3 business days from start of a one day class or program.

Before the second meeting (if class or program meets more than one time) full credit on your Senior Services account, or a refund minus a \$5 processing fee.

No refunds or credit will be given after the second class or meeting.

Massage and Reflexology

- To reserve a time, payment must be made.
- If you need to cancel an appointment, please call ASAP.
- Appointments cancelled less than 48 hours in advance will be credited IF WE ARE ABLE TO FILL THAT TIME SLOT.
- \$5 processing fee charged for all reschedules, cancellations and refunds.
- We reserve the right to provide a substitute therapist (of the same sex) if necessary.

Great Chefs

Cancellations received five working days prior to the event will receive full credit. No refund can be given if you cancel less than five working days before the event.

Boulder Senior Services

Activity Registration Spring 2006

West Senior Center, 909 Arapahoe Avenue, Boulder, CO 80302, (303) 441-3148
 East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150

Name _____ Phone _____ Birth date: _____
 Address _____ Apt. _____
 City _____ State _____ Zip _____
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Gold Rush - Join Now!

Please Check	Bar Code	Activity Name	Date	Gold Rush Resident	Gold Rush Non-Res	City Resident	Gold Rush Non-Res
	-----	Gold Rush Membership		\$12	\$12		
	-----	Gold Rush Additional Member		\$7	\$7		
	91528	Great Chefs at Aji	Mon, Mar 6	\$14	\$15	\$16	\$17

Classes

Please Check	Bar Code	Activity Name	Date	Class begins	Gold Rush Resident	Gold Rush Non-Res	City Resident	Gold Rush Non-Res
	91535	Ceramics Lab – Session I	Wed, Mar 1	\$26	\$28	\$31	\$33	
	91536	Ceramics Lab – Session II	Wed, Apr 19	\$26	\$28	\$31	\$33	
	91574	Oil & Acrylic	Tue, Apr 4	\$53	\$55	\$57	\$59	
	91575	Watercolor- Advanced Afternoon	Tue, Apr 4	\$30	\$33	\$35	\$38	
	COM1	Computers One on One	TBD	*	\$28	*	\$30	
	91592	Create Your Own Free Website – Session I	Mon, Mar 6	*	\$28	*	\$30	
	91593	Create Your Own Free Website – Session II	Mon, May 1	*	\$28	*	\$30	
	DIG1	Digital Camera One on One	TBD	*	\$42	*	\$44	
	91578	Internet Level I	Mon, Apr 3	*	\$104	*	\$124	
	91537	Ballroom and Latin Dance Session I	Wed, Mar 1	\$21	\$22	\$26	\$27	
	91538	Ballroom and Latin Dance Session II	Wed, Apr 5	\$21	\$22	\$26	\$27	
	91539	Ballroom and Latin Dance Session III	Wed, May 3	\$21	\$22	\$26	\$27	
	91542	Line Dancing Session I	Thu, Mar 2	\$17	\$19	\$21	\$23	
	91543	Line Dancing Session II	Thu, Apr 6	\$17	\$19	\$21	\$23	

TBD: To Be Determined

* There are no Gold Rush discount fees available for this activity.

Total for this page: _____

Classes (continued)

Please Check	Bar Code	Activity Name	Date		Gold Rush		City		Gold Rush	
					Resident	Non-Res	Resident	Non-Res	Resident	Non-Res
	91544	Line Dancing Session III	Thu, May 4		\$17	\$21	\$19	\$23		
	91580	Tap Dance	Thu, Apr 13		\$40	\$45	\$42	\$48		
	91591	From Age-ing to Sage-ing	Tue, Apr 11		*	*	\$36	\$42		
	91582	European Perspectives on the Iraq War	Fri, May 5		\$5	\$5	\$5	\$5		
	91583	The Last Sentry	Fri, May 12		\$5	\$5	\$5	\$5		
	91584	Stem Cells, Cloning and Bio-Engineering	Fri, May 19		\$5	\$5	\$5	\$5		
	91585	Ideas for Today Package Discount			\$12	\$12	\$12	\$12		
	91573	Spanish for Travelers	Thu, Apr 20		*	*	\$55	\$60		
	91577	Beginning Bird Watching	Mon, Mar 6		\$30	\$37	\$32	\$40		
	91581	Easy Bridge II	Fri, Apr 7		*	*	\$45	\$55		
	91587	Creating My Legacy	Mon, Mar 13		*	*	\$10	\$12		
	91545	Rubber Stamping- Spring at Last	Thu, Mar 9		*	*	\$10	\$12		
	91546	Rubber Stamping- Frogs and Such	Thu, Apr 6		*	*	\$10	\$12		
	91547	Rubber Stamping- Raining Cats and Dogs	Thu, May 11		*	*	\$10	\$12		
	91589	Doll Making	Thu, Apr 6		*	*	\$35	\$38		
	91576	Popular Bridge Conventions	Wed, May 3		*	*	\$52	\$62		
	91586	WRITE ON!	Tue, Mar 14		\$24	\$32	\$28	\$36		
	91540	Intermediate Recorder – Session I	Wed, Mar 8		\$57	\$61	\$58	\$62		
	91541	Intermediate Recorder – Session II	Wed, May 3		\$38	\$40	\$39	\$41		
	91590	What Goes Bump in the Night?	Thu, Apr 20		*	*	\$48	\$54		

Day Trips

Please Check	Bar Code	Activity Name	Date		Gold Rush		City		Gold Rush	
					Resident	Non-Res	Resident	Non-Res	Resident	Non-Res
	91605	Wildlife Experience in Parker	Wed, Mar 1		*	*	\$15	\$18		
	91606	"The Boyfriend" - Buell Theatre	Sat, Mar 4		\$76	\$91	\$79	\$94		
	91607	Celtic Crossing Restaurant	Fri, Mar 10		\$41	\$49	\$44	\$52		
	91608	Enos Mills/Colorado History Museum	Mon, Mar 13		*	*	\$13	\$16		
	91609	"Late Night Catechism 2" / Arvada Center	Wed, Mar 22		*	*	\$39	\$47		
	91610	Denver Pow-Wow	Sun, Mar 26		*	*	\$6	\$7		
	91611	"The Black Hole: The other side"	Wed, Mar 29		*	*	\$19	\$23		
	91621	Colorado Central Station/Black Hawk	Tue, Apr 4		*	*	\$10	\$12		
	91636	Stories on Stage	Sun, Apr 9		*	*	\$32	\$38		
	91640	Cussler Museum in Arvada	Mon, Apr 10		*	*	\$11	\$13		
	91644	Bombay Clay Oven Restaurant	Wed, Apr 12		\$10	\$13	\$12	\$15		
	91650	Denver Antique Show and Sale	Sat, Apr 22		*	*	\$12	\$14		

TBD: To Be Determined * There are no Gold Rush discount fees available for this activity.

Total for this page:

Day Trips (continued)

Please Check	Bar Code	Activity Name	Date		Gold Rush		City		Gold Rush		Non-Res	
					Resident		Resident		Resident		Non-Res	
	91652	Bull Durham Casino in Blackhawk	Thu, Apr 27		*		\$10		*		\$12	
	91659	The Denver Brass/America's Heroes	Sun, Apr 30		\$25		\$27		\$30		\$32	
	91667	Azizi Alpacas' Barn Tour	Tue, May 9		*		\$14		*		\$17	
	91672	Golden Europe Restaurant	Thu, May 11		\$26		\$29		\$31		\$35	
	91674	Scarlet's in Central City	Mon, May 15		*		\$10		*		\$12	
	91678	Rosemount Museum/Carriage House Rest.	Fri, May 19		*		\$45		*		\$53	
	91679	Pump Boys & Dinettes/Country Dinner	Sun, May 21		*		\$53		*		\$63	
	91680	St. Malo's Retreat/Chapel on the Rock	Wed, May 24		*		\$29		*		\$35	
	91681	Promenade Shops/Loveland	Tue, May 30		*		\$12		*		\$15	

Sports and Wellness

Please Check	Bar Code	Activity Name	Date		Gold Rush		City		Gold Rush		Non-Res	
					Resident		Resident		Resident		Non-Res	
	91474	Heil Ranch Hike	Wed, May 17		*		\$8		*		\$10	
	91475	Fitness Assessments	TBD		*		\$24		*		\$29	
	91476	N'Balance	Mon, Mar 20		*		\$65		*		\$75	
	91477	Weight Training	Wed, Mar 8		*		\$24		*		\$29	
	91478	Stretch and Relaxation	Wed, Mar 8		*		\$24		*		\$29	
	91479	Stretch and Relaxation, half session	TBD		*		\$14		*		\$17	
	91480	Fit and Strong Beginning	Mon, Mar 6		*		\$72		*		\$84	
	91488	Fit and Strong Beginning	Wed, Mar 8		*		\$72		*		\$84	
	91482	Fit and Strong Beginning	Fri, Mar 10		*		\$72		*		\$84	
	91481	Fit and Strong Intermediate	Mon, Mar 6		*		\$72		*		\$84	
	91486	Fit and Strong Intermediate	Wed, Mar 8		*		\$72		*		\$84	
	91483	Fit and Strong Intermediate	Fri, Mar 10		*		\$72		*		\$84	
	91490	Fitness Package A	TBD		*		\$124		*		\$135	
	91491	Fitness Package B	TBD		*		\$190		*		\$210	
	91489	Fitness Package C	TBD		*		\$190		*		\$210	
	91495	Maintain Your Brain Workshop	Tue, April 18		\$0		\$5		\$0		\$6	
	91496	Acupuncture Series	Thu, Mar 23		*		\$90		*		\$95	
	91497	Osteoporosis Education	Thu, Mar 30		*		\$6		*		\$8	
	91492	T'ai Chi Begin/Adv Beginning	Fri, Mar 3		\$72		\$78		\$84		\$90	
	91493	T'ai Chi Intermediate	Fri, Mar 3		\$72		\$78		\$84		\$90	
	91494	T'ai Chi, half session	TBD		\$40		\$42		\$45		\$47	
	91717	Tennis Program	TBD		*		\$40		*		\$50	
	91718	Tennis Tournament Partner/Additional Member	TBD		*		\$15		*		\$18	

TBD: To Be Determined

* There are no Gold Rush discount fees available for this activity.

Total for this page: _____

Registration Information call: 303-441-3148 or 303-441-4150
Registration Fax: 303-441-4149 or 303-441-4172
Treat yourself to a Massage – call 303-441-4150 for an appointment.
Relax with Reflexology – call 303-441-3148 for an appointment.

Sub-Total page 1

Sub-Total page 2

Sub-Total page 3

Credit

Total Due

Risk and Release Statement (Required for participation in activities) Acknowledgement of risks: By registering for the above identified program(s), registrant acknowledges that the activities carried on in these programs carry certain risks for the participant. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone & joint injury, back injury, muscle strain & other muscle injuries, foot problems, head, neck & spinal injuries, altitude sickness, and heat stroke & heat exhaustion. Registrant has independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. The registrant agrees to and does hereby release and forever discharge the city of Boulder, Boulder Senior Services, and their officers, employees, agents and volunteers from any and all liability for damages, loss, or personal injury arising out of or related to registrant's participation in the above programs and activities. Participants may be photographed while utilizing the facility, or participating in the city of Boulder's programs and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

I have read and understand the above stated information. Participant signature _____ **Date** _____

Emergency Contact and Phone Number: _____

Special Needs. Please note any special needs you may have: _____

I have read the Refund Policy. ☐ Check or Money Order enclosed, payable to **City of Boulder**

☐ VISA ☐ Mastercard Card # _____ Expiration Date: _____

PLEASE provide your e-mail address if you would like to receive notices about Senior Services' programs, services, and upcoming events.

We will not sell or give out your address. My e-mail: _____



Senior tennis starts once again this spring. Come learn more at the organizational meeting at 9 a.m. on Monday, March 20 at the East Senior Center. Jack Estes, who coordinates the senior tennis program, is pictured at last year's intergenerational tournament with his granddaughter Kayla.



Chet Martin played in the tournament last summer with his granddaughter Jenni.



Our loan closet at the West Senior Center is available to everyone in the community. If you need to borrow a wheelchair, walker, or shower bench, we might have one for you to use.



Book your event at the East Senior Center, located at the East Boulder Community Center, 5660 Sioux Drive. It boasts one of the most spectacular views of the Flatirons. This versatile space can accommodate up to 175 guests for a sit-down dinner, or 200 guests theater style. The room features floor to ceiling windows, wood floors, and a large out door patio. The space is easily accessible as it is all on one level, and offers ample parking. For more information call, 303-441-4150 or 303-441-3148.

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Love is in the Air
Mariusz Smolij, Music Director Finalist
Klara Wurtz, piano
Smetana, Ravel, Tchaikovsky, Gershwin



Saturday, February 18th, 7:30PM
When Swing Was King
Carl Topilow, conductor
Susan Hesse, vocal soloist
Music of Ellington, Miller, Oliver, Dorsey...



Sunday, February 19th, 2:00PM
And all that Jazz
Puff the Magic Dragon
\$8 General Admission
bring your grandkids!
Carl Topilow, conductor
featuring - Boulder Youth Symphony



Saturday, March 25th, 7:30PM
**Carolyn Chi-An Kuan - Music Director
Finalist**
Derek Han, piano
Beethoven, Chopin, Brahms



Saturday, April 29th, 7:30PM
Theodore Kuchar, conductor
William Barton, dijeridu
2006 Young Artist Concerto Competition Winner
Dvorak, Sculthorpe, Shostakovich



Saturday, May 6th, 7:30PM
Timothy Snyder, conductor
featuring the Boulder Chorale
Mozart
Vesperae Solennes de Confessore, KV 339
Mozart 250th Birthday Celebration

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Colorado Central Station/ Black Hawk

Spend the day in Blackhawk at Colorado Central Station which is connected by a walkway to the Isle of Capri. The coupon package includes \$5.00 cash back after earning 100 points, a blackjack match play coupon, a free drink and more.

Date: **Tuesday, April 4**
9 a.m. to 3 p.m.

Fee: **City Resident** **\$10**
Non- Resident **\$12**

Includes transportation and casino package. Charter Bus. Elevation, 8,500 ft.

Bar Code: **91621**

Stories on Stage

The Stage Theatre at the Denver Center for the Performing Arts is enjoying the sixth season of the "Always on Sunday Series". The performance we will see is "It's all in how you look at it" and will include four short stories read by four actors. Following the performance there will be time to meet the actors and milk and cookies is served.

Date: **Sunday, April 9**
12:30 to 5:30 p.m.

Fee: **City Resident** **\$32**
Non-Resident **\$38**

Includes transportation and performance. Senior Services Bus

Bar Code: **91636**

Cussler Museum/Goodberry's in Arvada

The Cussler Museum in Arvada showcases Clive Cussler's obsession with rare cars. Clive Cussler is the best-selling author of the 1976 book, "Raise the Titanic" and also the owner of over 35 rare vehicles. Have you ever seen a 1938 baby-blue Bugatti or a 1955 Rolls Royce Silver Dawn? Following our self guided tour we'll have lunch at Goodberry's restaurant in Arvada.

– Continued next Column –

Date: **Monday, April 10**
9:30 a.m. to 2 p.m.

Fee: **City Resident** **\$11**
Non-Resident **\$13**

Includes transportation only. Bring \$4 admission for the museum and \$9 to \$12 for lunch. Senior Services Bus

Bar Code: **91640**

Denver Antique Show & Sale

Antique dealers from across the nation will converge at The Denver Antique Show and Sale held at Wings over the Rockies on the Lowry Campus. Wander through the aisles and enjoy the great selection including, antique jewelry, furniture, paintings and garden accessories. The show benefits the Central City Opera. A cafe will be available for lunch.

Date: **Saturday, April 22**
10:30 a.m. to 3 p.m.

Fee: **City Resident** **\$12**
Non-Resident **\$14**

Includes transportation only. Please bring \$5.00 for admission and lunch on your own at the cafe. Senior Services Bus

Bar Code: **91650**

Bull Durham Casino in Blackhawk

Travel to Blackhawk to try your luck at Bull Durham. Their package includes \$5 free with a \$20 buy-in and a free roll of nickels after one hour of play. They'll offer us free hotdogs and drinks throughout the day. You must use your playing card to earn points.

Date: **Thursday, April 27**
9 a.m. to 3 p.m.

Fee: **City Resident** **\$10**
Non-Resident **\$12**

Includes transportation and casino package. Charter Bus. Elevation 8,500 ft.

Bar Code: **91652**



The Denver Brass/ America's Heroes



The Denver Brass pays tribute to America's Heroes, from those whose valiant acts of patriotism and heroism made America a land of liberty to those whose actions win our admiration and support on a daily basis- Abraham Lincoln, John Philip Sousa, and our Armed Forces. You'll hear "Fanfare for the Brave",

"Lincoln Portrait", "Stars and Stripes Forever", and more. The performance will be at Bethany Lutheran Church in Denver.

Date:	Sunday, April 30	
	1 to 5:30 p.m.	
Fee:	Gold Rush Resident	\$25
	City Resident	\$27
	Gold Rush Non Resident	\$30
	Non-Resident	\$32

Includes transportation and performance. Senior Services Bus

Bar Code: 91659

Azizi Alpacas' Barn Tour

Travel to the Windsor area to learn more about alpacas and alpaca fiber. You'll be able to get up close to the alpacas and feel their fleece, learn about their habitat, their history and breeding cycles. You'll be able to shop for beautiful alpaca products in the store. Prior to the tour we'll have lunch on your own at the Fire House Restaurant in Windsor. There are limited restroom facilities at the barn.

Date:	Tuesday, May 9	
	10:30 a.m. to 3 p.m.	
Fee:	City Resident	\$14
	Non-Resident	\$17

Includes barn tour and transportation. Lunch on your own- \$8-\$12. Senior Services Bus

Bar Code: 91667

Scarlet's in Central City

Travel to Scarlet's in Central City for a profitable day. The package includes \$5 free in coin after 15 points, a discounted meal, \$10.00 bounce back coupon and more.

- Continued next Column -

Date:	Monday, May 15	
	9 a.m. to 3 p.m.	
Fee:	City Resident	\$10
	Non-Resident	\$12

Includes transportation and casino package. Charter Bus. Elevation 9,000 ft.

Bar Code: 91674

Rosemount Museum/ Carriage House Restaurant

Pueblo offers more than you think! There is history, museums, scenery and the Riverwalk Historic District. We'll begin our day with a delicious lunch at the Carriage House Restaurant located in the historic Rosemount Museum. Following lunch we'll tour the stunning 24,000 square foot mansion and then have time for a leisurely stroll along the Riverwalk Historic District.

Date:	Friday, May 19	
	8:30 a.m. to 4:30 p.m.	
Fee:	City Resident	\$45
	Non-Resident	\$53

Includes transportation, lunch and tour.

Senior Services Bus

Bar Code: 91678

"Pump Boys & Dinettes"/ Country Dinner Playhouse

The Country Dinner Playhouse in Greenwood Village will be serving up hearty portions of food and musical fun in their production of "Pump Boys and Dinettes." This hand-clappin', foot stompin' musical tribute to life by the roadside brings down the house when the pump boys "rev up" and play country rock on their instruments with dinette owners, the Cupp sisters, providing the backup on kitchen utensils. Such tunes as "Be Good or Be Gone", "Serve Yourself" and more will keep us hopping.

Date:	Sunday, May 21	
	11 a.m. to 5:30 p.m.	
Fee:	City Resident	\$53
	Non-Resident	\$63

Includes transportation, dinner and show.

Senior Services Bus

Bar Code: 91679



St. Malo's Retreat/ Chapel on the Rock

Travel to Allenspark to visit a very special place that we all admire as we drive by. We will visit the Retreat Center at St. Malo, the Chapel on the Rock and hear the story of the camp. Bring a picnic lunch to enjoy on the grounds and then walk along the John Paul II trail towards Rocky Mountain National Park. Following our visit to St. Malo we'll go to Estes Park for browsing and dessert on your own.

Date: **Wednesday, May 24**
8:45 a.m. to 5 p.m.

Fee: **City Resident \$29**
Non-Resident \$35

Includes transportation and tours. Bring a picnic lunch. Charter Bus. Elevation, 8,000ft.

Bar Code: **91680**

Promenade Shops/Loveland

The Promenade Shops at Centerra have a "main street" feeling and strolling along the promenade and browsing in a wide variety of quality shops will aid us in working up an appetite for one of the many restaurants located in the area.

Date: **Tuesday, May 30**
9 a.m. to 3 p.m.

Fee: **City Resident \$12**
Non-Resident \$15

Includes transportation only. Lunch and shopping on your own. Senior Services Bus

Bar Code: **91681**



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Dining at Ethnic Restaurants

Spring is a season when our senses are delighted by nature and the reawakening of the earth. We will also delight our sense of taste by visiting three very exceptional ethnic restaurants during this session. Register for one or all of the ethnic dining opportunities listed below.

Celtic Crossing Restaurant



Wear your green and shamrocks as we travel to Castle Pines for an authentic Irish lunch in a warm atmosphere at the well known Celtic Crossing Restaurant and Pub. Our entrees will include a choice of Corned Beef and Cabbage, Fish and Chips or Cottage Pie.

Date: Friday, March 10
9:45 a.m. to 2:30 p.m.

Fee:

Gold Rush Resident	\$41
City Resident	\$44
Gold Rush Non-Resident	\$49
Non-Resident	\$52

Includes transportation and meal. Senior Services Bus
Bar Code: 91607

Bombay Clay Oven Restaurant



In our quest for unique ethnic food we will visit the Bombay Clay Oven in Cherry Creek North. The Bombay Clay Oven prides itself on their imaginative use of spices and delicious distinctive meals. They specialize in the moghlai style of Indian cooking which is considered the most popular and refined of all regional styles of cooking. We will enjoy their luncheon buffet and then spend some time walking and shopping in Cherry Creek North.

Date: Wednesday, April 12
10:15 a.m. to 3:30 p.m.

Fee:

Gold Rush Resident	\$10
City Resident	\$12
Gold Rush Non-Resident	\$13
Non-Resident	\$15

Includes transportation only.. Lunch on your own- price approximately \$10.00 for buffet. Senior Services Bus
Bar Code: 91644

Golden Europe Restaurant



Travel to Arvada for a taste of golden Europe. This restaurant gets rave reviews and we will have a choice of Wiener Schnitzel, Sauerbraten or a Roast Pork and of course, Streudel for dessert.

Date: Thursday, May 11
11 a.m. to 3 p.m.

Fee:

Gold Rush Resident	\$26
City Resident	\$29
Gold Rush Non-Resident	\$31
Non- Resident	\$35

Includes transportation and lunch. Senior Services Bus
Bar Code: 91672



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OVERNIGHT TRAVEL

Information: Call Sarah Rebman at (303) 441-3915. Complete itineraries are available at both senior centers. Registration for overnight travel begins as soon as flyers become available and continues on a space available basis until the registration deadline. Spaces go quickly and we cannot assure that a space will be available up to the registration deadline. Please deduct the applicable discount listed below.

Into the Canyonlands

Apart from the usual photo stops at well-known viewpoints, this adventure goes the extra mile to make it special. Challenge the rugged Jeep trails into the heart of Canyonlands by four-wheel drive vehicles. Vantage points not accessible by other means are ours to appreciate on our jet boating excursion on the Colorado River. Splash through the river bed at Canyon de Chelly and learn about the ancestors from the native guides. Traipse through the land of Zane Grey, Butch Cassidy, the Navajo and Ute -- a living garden of color and design. Arches National Park, Moab, Canyonlands National Park, Monument Valley and Canyon de Chelly make this a wonderful, picturesque adventure.

Date: May 1 - 5, 2006
Fee: \$920 Per Person Double Occupancy
\$1059 Per Person Single Occupancy
\$46 Discount if booked by February 25
Final Payment Due: 03/22/06

Springtime Mystery Tour

Necessary Clues: Flight is a two-edge sword, chains to resorts, shoes made for walking, no parkas needed, and change time zones. Attraction Clues: It's an illusion, thermal waters, strike it rich, a National Park, living American history, grist for the mill, picturesque mountain resort, capitol idea, scenic rail journey, 1702' tunnel, OMR, gardens galore, and Duck!

Date: May 3 - 9, 2006
Fee: \$1867 Per Person Double Occupancy
\$2187 Per Person Single Occupancy
\$74 Discount if booked by February 27
Final Payment Due: 03/24/06

Hudson River Valley

Mohonk Mountain House is a sprawling Victorian castle nestled in the scenic and historic Hudson River Valley in New York State. With all the traditional recreational activities such as tennis and golf, the resort supports a Spa wing with state-of-the-art fitness center, outdoor mineral pool, carriage rides, and superb English gardens. This venue is the finale of a tour that highlights the natural beauty of the Hudson River Valley. The natural beauty of the area inspired artists and writers, provided a natural fortress for defense, and attracted distinguished citizens to build residences. Opulent mansions, Victorian houses, a Moorish castle, and homes of the landed gentry are found throughout the Hudson Valley. From the early exploration of Henry Hudson in 1509 to the "Gilded Age" of the Vanderbilt's and the New Deal ideas of Franklin and Eleanor Roosevelt, the history of the Hudson Valley is both rich and diverse. Take a step back in time. Discover an exciting past and explore the sites that define the region's heritage. Don't miss visiting Washington Irving's Sunnyside, Philipsburg Manor, Kykuit, Locust Grove, Roosevelt Home, Vanderbilt Mansion, West Point, Washington's Headquarters NHS, a Hudson River Cruise, Stony Point Battlefield SHS and the Mohonk Mountain House. Don't miss this NEW ITINERARY! Sign up today!

Date: June 4 - 9, 2006
Fee: \$1768 Per Person Double Occupancy
\$2073 Per Person Single Occupancy
\$69 Discount if booked by March 31
Final Payment Due: 04/25/06



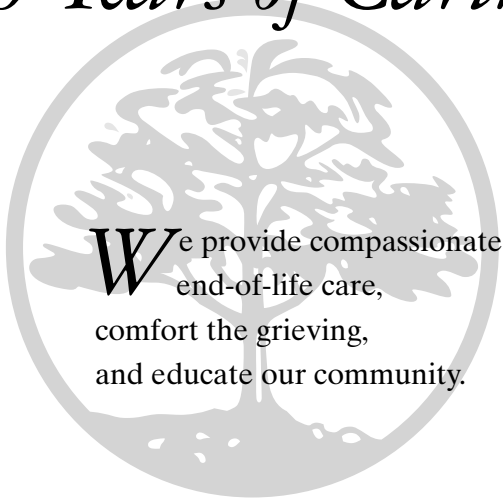
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The trek to California is a gold mine of scenic gems. Discover Yosemite National Park with its massive granite domes, waterfalls, giant sequoias and valleys. Take in the dramatic coastline from San Francisco to Morro Bay, Hearst Castle, Lehman Cave tour, Great Basin National Park, Yosemite National Park, Lake Tahoe Cruise, Las Vegas lights, historic adventures, and casino visits for a varied tour itinerary.

Date: June 12 - 24, 2006

Fee: \$2352 Per Person Double Occupancy
\$2980 Per Person Single Occupancy
\$118 Discount if booked by April 8

Final Payment Due: 05/03/06

Grand Hotel, Mackinac Island & the Henry Ford

The Grand Hotel is the crown jewel of Mackinac Island. Spend two nights in this wonderful property. Dance the night away to The Grand Hotel Orchestra, take a horse-drawn carriage ride, or simply enjoy the view of the Mackinac Bridge from the world's longest porch. Take part in automotive legacy with the Ford Rouge Factory tour. Investigate the collections honoring American ingenuity. Seek out the harbors of the "Rich and Famous." Venture to Frankenmuth for a Bavarian respite of culture and cuisine.

Date: June 15 - 21, 2006

Fee: \$2040 Per Person Double Occupancy

\$2486 Per Person Single Occupancy

\$83 Discount if booked by April 11

Final Payment Due: 05/06/06

Vancouver, Victoria & the Canadian Rockies

This Canadian Rockies tour captures a medley of scenic vistas, lacy waterfalls, vividly colored lakes, enormous glaciers, and abundant wildlife. The unique character of Victoria and Vancouver is reminiscent of England. A combination of plane, ferry, and coach transports us from the Colorado Rocky Mountains to Seattle; through Puget Sound to Victoria; and over the beautifully carved wilderness terrain to Jasper and Banff. The return through the Okanagan Valley is a bonus.

Date: June 27 - July 8, 2006

Fee: \$2913 Per Person Double Occupancy

\$3800 Per Person Single Occupancy

\$128 Discount if booked by April 23

Final Payment Due: 05/18/06



Colorado Railroading

Train buffs will be enchanted by the offerings on this summer excursion. Representing two different eras of train travel, Colorado's spectacular mountains and incredible vistas take on new reflections from the windows of the vintage railroad cars on the Cumbres & Toltec Railroad and the Royal Gorge Route. Add the Jeep ride at Great Sand Dunes for genuine adventure.

Date: August 1 - 3, 2006

Fee: \$566 Per Person Double Occupancy
\$663 Per Person Single Occupancy
\$28 Discount if booked by May 28

Final Payment Due: 06/22/06

Canada – Coast to Coast by Rail

The allure of rail travel inspires us to embark on this wondrous journey. Trace the steps of early explorers from the Atlantic to the Pacific, travel over trestle bridges and through tunnels, wind along rivers and waterfalls, discover golden fields and glacier clad mountains, and investigate the heritage of selected cities. Bring your camera along to photograph some of the ever-changing terrain. Sit back, relax, and enjoy the ride of a lifetime. Besides the four nights spent aboard VIA Rail's "The Ocean" or "The Canadian," our destination cities are Halifax, NS; Montreal, PQ; Ottawa, ON; Toronto, ON; Jasper, AB; and Vancouver, BC.

Date: August 23 – September 6, 2006

Fee: To be announced

Final Payment Due: 06/24/06

The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorneys Office of Consumer Affairs, 303-441-3700 or the Attorney General's office, 303-866-5225/Spanish, 303-866-4828 with questions.

Chicago Showcase

This urban odyssey reveals all that is distinctively Chicago. Headquarters for Tootsie Roll and Oreo, primary location for Marshall Fields, home of major league sports teams, a living history of architecture, and the setting for abundant museums, Chicago lives out its legend. The Museum of Science and Industry, Shedd Aquarium, Hancock Observatory, and the Field Museum are some of the choices you have with the Chicago CityPass. From the Board of Trade to the shores of Lake Michigan, get acquainted with the "Windy City." **Tentative Schedule for Chicago Cubs shows they are in town for these dates. Season ticket holders are faithful, thus tickets are at a premium. If you are interested in a game ticket, you need to request it when you sign up. Price and availability of tickets to be advised.

Date: September 12 - 16, 2006

Fee: \$1667 Per Person Double Occupancy
\$1977 Per Person Single Occupancy
\$72 Discount if booked by July 14

Final Payment Due: 08/03/06

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SPORTS OPPORTUNITIES

The following community activities are listed as a courtesy and may not be programs that are affiliated with the City of Boulder Senior Services Division. The City of Boulder does not endorse, recommend or screen the agencies listed.

Bicycling

The S.O.B.s, (Seniors on Bikes), meets every Wednesday and Friday, weather permitting.

The group rides 30-40 miles per day, roundtrip. For info: Marion Gately, (303) 443-7623.

Golf

Seniors 55+ with current golf experience. Casual group plays Mondays, 10 a.m. (weather permitting) at the Flatirons golf course. Orientation meeting is May 1, 9:30 a.m., at the course at 57th and Arapahoe. Come with or without a partner, People new to the game should explore instructional options prior to joining the group. Full information at: www.ci.boulder.co.us/parks-recreation/parks_facilities/golf-course/golf_home.htm. Reserve a tee time at the pro shop by calling (303) 442-7851 x0. Senior green fees and carts available at the course. General questions, call Marilyn at (303) 938-8096.

Basketball

Drop-In basketball is held from noon to 2:00 p.m., Tuesday and Thursdays at the North Boulder Recreation Center. For more information, contact Tom Harold at (303) 442-7071.

Bowling

Non-smoking senior practice bowling for ages 50+ on Tuesdays and Fridays at 1 p.m. Leagues are also available. Coal Creek Bowling Center, Lafayette. Info: Bowling Bob (303) 673-0772.

Ice Skating

Skating for Boulder Seniors is on a drop-in basis at the University of Colorado recreation center ice rink. Senior skating times are 11:00 a.m. to 1:30 p.m., Monday through Friday; 12:45 to 2:45 p.m. Saturday; 10:15 a.m. to 12:15 p.m. Sunday. Schedule will vary due to holidays. Admission \$3, Skate rental \$1. More info: (303) 492-7255 or go to www.colorado.edu/rec-center/facilities/ice-rink

Shuffleboard

Try shuffleboard Friday mornings from 8:30 - 11 a.m. at the West Senior Center. Info: Alice, (303) 443-1947.

Billiards

Drop-in play Monday-Friday, 8:30 a.m. to 4:30 p.m., West Center

Slow-pitch Softball

Boulder Senior services has three teams participating in the Colorado Senior Softball Association. Games are Wednesday mornings and practice is held Monday mornings. League runs April through July. Organizational meeting Tuesday, March 7, 4:00 p.m. at the East Senior Center. Men and women players are invited to come, meet the team captains, and discuss details.

■ **C team manager:** Doug Feato (303) 449-9694

■ **D team manager:** Phil Simpson (303) 443-0736

■ **E team manager:** Alan Snyder (303) 494-7662

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for information.***



Table Tennis

Open play Monday, Tuesday and Thursday from 10 a.m. to Noon at the West Senior Center. Advanced table tennis group meets at East various times. East info: Dick (303) 442-6526 Free.

Tennis

Senior Tennis begins in April at Centennial Middle School and runs through August. Organizational meeting at the East Senior Center Monday, March 20 at 9 a.m. New players are welcome. Drop-In play and tournaments are organized throughout the season. Come and meet lots of new players.

Location: Centennial Middle School,
Some summer Mondays at Fairview.

Date: Mon. - Thurs.
April 3 - August 24
8 - 9:30 a.m., 21 weeks

Primary Member

Fee:	City Resident	\$40
	Non-Resident	\$50

Bar Code: 91717

Second member of the same household or Tournament partner only

Fee:	Resident	\$15
	Non Resident	\$18

Bar Code: 91718

Volleyball

50+ coed open play volleyball: Mondays and Fridays, 1:30-3:30, East Boulder Community Center gym. New players welcome. Teams play "bump, set and hit" rather than "jungle ball". Info: Art, (303) 499-3837.



Join the fun! Senior softball starts in March with an organizational meeting on Tuesday, March 7. Pictured: Members of the senior softball "D team" in the dugout.



Senior softball extends a warm thank you to realtor Darryl Smith (center) who has sponsored the teams for many years. Thank you for your continuing support Darryl! Pictured: Candice, Darryl and Russ.

Senior Nature Program Walks

Sponsored by Boulder County Parks and Open Space Department. Informal slow paced hikes designed for seniors along county trails. Last Thursday of each month, 10 a.m. - noon. Meet at park entrance unless noted. Information will be provided on area history, wildlife and current resource management projects. No registration needed. For information or directions, call (303) 441-3899.

- **February 23** **Roger's Grove/St.Vrain Greenway**
- **March 30** **Agricultural Heritage Center at Lohr/McIntosh Farm**
- **April 27** **Rabbit Mountain**
- **May 25** **Betasso Preserve**

Rocky Mountain Climbers Club

You are invited to participate in easy to medium-level hikes, and to socialize with the members of the historic Rocky Mountain Climbers' Club, which was founded in the 1880's. The club meets at their Chautauqua Clubhouse on alternating Saturdays for a variety of hikes or for pot-luck meals. Meals are usually followed by informative presentations by experts in the flora/fauna, and wildlife habitat field. New members are welcome to come and learn more about this active group. For more information, please call Gerry Wilson at (303) 939-0674, or Rosalie Day at (303) 443-7479.

Walking Opportunities

Would you like to walk inside in a safe, climate controlled environment, out of the sun? Join other walkers for daily walks at 10 a.m. inside the light, bright, Atrium building located at 3350 30th Street. (6 laps = one mile). For information please call Mary at (303) 444-0200.



Stretch, strengthen and relax your body on Wednesdays at the West Seniors Center. Pictured are Kit, Phyllis and Pat.



SPORTS AND FITNESS PROGRAMS SPONSORED BY BOULDER SENIOR SERVICES

Heil Valley Ranch Hike

Join us on this new program; a naturalist led hike with transportation from both the East and the West Senior Centers. Heil Valley Ranch north of Boulder is one of the better properties in Boulder County to look for signs of wildlife. You will learn about the history and the ecology of the area.

We will hike leisurely along the scenic Lichen Loop Trail. This 1.3 mile trail is open to pedestrians only and will take about 2 hours. The terrain is easy-moderate, with some moderate uphill. Walking or hiking shoes/boots recommended. No sandals or open-toed shoes as there is cactus present. Bring a sack lunch for a picnic before we head back to town.

Location: East Senior Center,
van departs at 9:15 a.m.
West Senior Center,
van departs at 9:40 a.m.

Date: Wednesday, May 17
9:15 a.m. - 1:30 p.m.

Fee: City Resident \$8
Non-Resident \$10

Bar Code: 91474

Fitness Assessments

Have you been reading about how important it is to be physically active, but don't know how to get started? Or, maybe you're already exercising regularly and just wonder if you are making progress. An assessment can provide valuable information about what areas you need to work on and how you measure up to others in the same age group.

We use the Senior Fitness Test to measure your aerobic endurance, strength and flexibility. We also use a series of tests to measure balance. After completing the test activities, we'll help you interpret the scores and set individual goals for improving your fitness. These tests are especially designed for those 60 and over and will take about one hour to complete.

Instructor: Melissa Pruitt
Location: East Senior Center
Date: One hour sessions,
date to be arranged.

Fee: City Resident \$24
Non-Resident \$29

Bar Code: 91475

N'Balance

Are you afraid of falling? Have you canceled or changed plans because you were uncertain of your ability to move around safely? Balance and mobility can be adversely affected by the aging process. But the good news is that they can be improved with a progressively challenging exercise program. Our N'Balance program can be adapted to a variety of abilities. In addition it can help improve your balance, increase your strength, reduce your risk of falling and enhance your quality of life. Even if you have taken the FALLPROOF class in the past you are welcome to enroll in this new class.

Instructor: Melissa Pruitt
Location: East Senior Center
Date: Monday and Wednesday
March 20-May 17
11:00 a.m. - noon

Fee: City Resident \$65
Non-Resident \$75

Bar Code: 91476

Fit and Strong Senior Exercise Classes

Classes run twelve weeks, MARCH 6 - MAY 26

Class	Location	Day	Time	Fees	Barcode
Weight Training 101	West	Wed	10-11	\$24R/\$29NR	91477
Stretch, Relax and Strengthen	West	Wed	11:15-noon	\$24R/\$29NR	91478
West half session	West	Wed	6 classes only	\$14R/\$17NR	91479
Fit and Strong Beginning	East	Mon	10-11	\$72R/\$84NR	91480
	East	Wed	10-11	\$72R/\$84NR	91488
	East	Fri	10-11	\$72R/\$84NR	91482
Fit and Strong Intermediate	East	Mon	8:30-9:30	\$72R/\$84NR	91481
	East	Wed	8:45-9:45	\$72R/\$84NR	91486
	East	Fri	8:30-9:30	\$72R/\$84NR	91483
Fitness Package A	East	2 X wk	8:30 or 10 a.m. class	\$124R/\$135NR	91490
Fitness Package B	East	3 X wk	10 a.m. class	\$190R/\$210NR	91491
Fitness Package C	East	3 X wk	8:30-9:30	\$190R/\$210 NR	91489
Punch cards	East or West		6 spring '06 classes	\$40R/\$45NR	91484
	East or West		12 spring '06 classes	\$75R/\$80NR	91485
	East or West		18 spring '06 classes	\$110N/\$120NR	91487
Key: R=Resident, NR=Non-Resident					



FIT AND STRONG CLASS DESCRIPTIONS

Stretch, Relaxation and Strengthen:

Join us for this invigorating stretch class prior to lunch at the West Center. Newcomers to exercise are encouraged to come. Learn to breathe more energy into your muscles, relax and relieve tension in all parts of your body. Class done seated or with chair support also includes some muscle strengthening work.

Weight Training 101: Weight training is a great place to start a new exercise regime. A weight training program can increase bone mass, reduce the risk of osteoporosis and improve your strength. In this class you will learn the basics, practice proper techniques and correct body alignment. You will work with hand weights, bands and balls to strengthen different muscle groups in this class at West. Working your muscles can improve your energy also!

Fit and Strong Beginning: General fitness class at East that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser, those with special health concerns, or those who prefer a class that doesn't include floor work. Many exercises can be done seated or with chair support.

Fit and Strong Intermediate: The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, leg weights (purchased separately, if desired) and resistance tubing will be incorporated into the strength segment. Wednesday's class includes work on the Fit ball. Bring your own Fit ball on Wednesday to ensure proper fit.

Fitness Packages:

Fitness package A: 2X a week attend 8:30 or 10 a.m. class (Save \$20)

Fitness package B: Mon., Wed. and Fri, 10 a.m. class, full session (Save \$30)

Fitness package C Mon., Wed. and Fri, 8:45 a.m. class, full session (Save \$30)

Punchcards: New option for those who need greater flexibility. Classes must be used in the session they are purchased only.

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WELLNESS CLASSES AND PROGRAMS

***You can recover from a Heart
Attack but you cannot recover
from Alzheimer's Disease.
Learn how to reduce your risk.***

Maintain Your Brain® workshop

How to live a brain healthy lifestyle Find out what you can do to keep your brain healthy and help reduce the risk of getting Alzheimer's disease. The one-hour interactive workshop features nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading.

The workshop will introduce attendees to scientifically rooted advice on brain health based on strong lifestyle choices, including:

- Staying sharp with challenging mental activities
- Engaging in social interactions
- Adopting a brain-healthy diet
- Remaining physically active

Location: West Senior Center
Date: Tuesday April 18
 3:30 - 4:30 p.m.
Fee: Gold Rush Members free
 City Resident \$5
 Non-Resident \$6
Bar Code: 91495

Acupuncture Series

Here is your chance to try six sessions of acupuncture at a reasonable rate. Group acupuncture will be provided for eight weeks and you may try six seated treatments during this time period. Sarah Adlerstein is a Naturopathic Physician and a Licensed Acupuncturist. She obtained her degrees at Bastyr University and has been practicing group acupuncture at Frasier Meadows as well as healing arts centers and athletic clubs in the Boulder area.

Acupuncture has been found to be effective for conditions involving pain, insomnia, anxiety, depression, anxiety, allergies and many other conditions. Due to facility constraints, this group session will not be appropriate for lower back pain. Minimum 5, maximum 8 participants. Specific questions may be directed to Sarah at (720) 840-1448.

Instructor: Sarah Adlerstein
Location: East Senior Center
Date: Thursdays, March 23 - May 11
 10:30-11:30 a.m., six sessions
Fee: City Resident \$90
 Non-Resident \$95
Bar Code: 91496

Osteoporosis Education Program

Osteoporosis is often at the root of fragile bones and falls resulting in broken hips. Normal bone loss begins in most people after age 35. At a recent Boulder Senior Services health screening for strokes, the highest percentage of undetected health issues revealed were for Osteoporosis not stroke! Due to this we feel more information on Osteoporosis is necessary. Join us to learn more about Osteoporosis, how it affects men and women and if you are at risk for this common health problem.

Are you aware of how strong your bones are? Are you taking the right steps to protect yourself?

– Continued next page –



RN Patti Miller will share treatment programs for osteoporosis including: Nutrition, Exercise, Fall Prevention and medications.

All registrants may receive a complementary, non invasive, bone density test at no extra charge. Information on national clinical studies taking place here in Boulder will also be available.

Location: East Senior Center
Date: Thursday, March 30, 10 - 11a.m.
Fee: City Resident \$6
 Non-Resident \$8
Bar Code: 91497

Stroke Screenings

Life Line Screening will be providing non-invasive, completely painless screenings for vascular disease using the most advanced Ultrasound Doppler technology. Types of conditions being tested include:

- (1) the Carotid Arteries in the neck for plaque buildup (up to 75% of all Strokes are linked to Carotid Artery Blockage)
- (2) arteries in the legs for Peripheral Arterial Disease (PAD), which is high risk for heart disease the Abdominal Aortic Artery for an aneurysm, Life Line Screening will be providing non-invasive, completely painless screenings for vascular disease using Ultrasound Doppler technology this spring.

Each test individually is \$45 or take the 3 vascular tests for \$109.

Location: West Center, Tuesday, May 23
 East Center, Thursday, June 1

Appointments are required and begin at 9 a.m. Please call 1-800-643-6075 for more information or to schedule an appointment.

T'ai Chi Classes



T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress, and improving health. Develop in China hundred's of years ago, T'ai Chi is now practiced throughout the world.

Instructor: Steve Arney
Location: East Senior Center
Date: Friday, March 3 - May 26, 12 wks
 (No class March 31)
Fee: Gold Rush Resident \$72
 City Resident \$78
 Gold Rush Non-resident \$84
 Non-Resident \$90

Level 1 – Beginning/ Advanced Beginning

Increase balance, strength, circulation and mental focus. Learn and practice the basics including breath work, mental focus, building postural awareness, and the correct mechanics of each move.

Time: 9:30 - 10:25 a.m.
Bar Code: 91492

Level 2 - Intermediate

In this class, we will complete all moves in the Yang short form. Student must have completed the first level class or been given instructor approval to enroll at this level.

Time: 10:30 - 11:25 a.m.
Bar Code: 91493

Half Session (7 classes)

Open to continuing students only. Select 7 of the classes in the spring session.

Fee: Gold Rush Resident \$49
 City Resident \$52
 Gold Rush Non-Resident \$56
 Non-Resident \$59
Bar Code: 91494

HEALTH AND WELLNESS SERVICES

Massage

Restore your sense of well being with a relaxing massage. Our certified massage therapists are available five days a week. Pick up a massage information brochure at either center.

Location: East Senior Center

Date: Monday – Friday

Fee:

30 minutes:	City Resident	\$16
	Non-Resident	\$20
1 hour:	City Resident	\$32
	Non-Resident	\$40

Please Note: The time listed is your time in the room. Register in advance by calling (303) 441-4150.

To reach as many seniors as possible, registrations is limited to two appointments per month, per person. Individuals below the age of 60 may register the day prior if space is available.



New Orleans native Carey Hebert is now here providing massage on Fridays at the East Center.

Reflexology



Reflexology is like a combination massage and acupressure treatment on the feet! It is based on the principle that there are reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes helps to activate the natural healing powers of the body. Treat yourself to a 30 minute session by certified reflexologist Alma Dubin. Please call ahead for an appointment. Alma comes on Mondays once a month to each center.

Location: West Center, register in advance by calling (303) 441-3148

East Center, register in advance by calling (303) 441-4150

9 a.m. - 12:30 p.m.

Fee:	Gold Rush Resident	\$11
	City Resident	\$12
	Gold Rush Non-Resident	\$15
	Non-Resident	\$16

Massage and Reflexology Cancellation and Refund policies

To reserve a time, payment must be made.

If you need to cancel an appointment, please call ASAP.

Appointments canceled less than 48 hours in advance will be credited if we are able to fill that time slot.

\$5 processing fee charged for all reschedules, cancellations and refunds.

We reserve the right to provide a substitute therapist (of the same sex) if necessary.





Need Home Repairs? Need Weatherization?



Longs Peak Energy Conservation, a Division of Boulder County Community Services, has several free or low cost programs to help –

- Repair roofing, windows, plumbing, heating and electrical
- Add access (like ramps) or improve health and safety features
- Insulate and make other energy efficiency improvements, including new furnaces, refrigerators and reasonably-priced passive solar heat features

Qualification for programs depends on household income and location, and can vary depending on the program. Examples include:

- Free weatherization – Annual income not exceeding \$17,705 (1 person), \$23,736 (2 persons); add \$6031 for each additional person). Available for renters as well as homeowners in Boulder County.
- Very low interest repair loans (1-3% interest) – Annual income not exceeding \$40,600 (1 person), \$46,400 (2 persons); add \$5,800 for each additional person.

Call Longs Peak Energy Conservation now for more information or an application • 303-441-1716

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COMMUNITY RESOURCES

Winter has allowed us the opportunity to snuggle inside our homes, safe from the cold. Now spring has arrived and brings with it an awakening. Everything comes back to life and the process begins as we think about the seasons ahead and what we will need to meet the demands of life's new challenges. Contacting Community Resources is a great place to start. Our staff is here to help you, whether you're an older adult or someone caring for or concerned about an older adult. We can guide you towards the resources that are specific to you or the person you care for, through personalized consultations, exploring new approaches, clarifying needs and finding services to assist you. Please contact us at (303) 441-4388.

Resources

The following are just some of the resources available.

■ Money Management/Bill Payer Program

Trained volunteers help to prepare checks, balance your checkbook, and help with budgeting and organizing paperwork.

Contact Nancy Harper at (303) 441-4388.

■ Peer Counseling

Growing older brings change. Peer Counselors are trained volunteers who provide supportive counseling for people age 60+. Meet privately or join a group. Caregivers support group is also available. You may talk to any of the Community Resources staff about this important, helpful program at (303) 441-4388.

■ Low-vision Support Group

Meets the 4th Monday of each month, 1:00 - 2:00 p.m., at the West Boulder Senior Center, 909 Arapahoe. Other meetings held in Boulder at Golden West, Alterra Wynwood, Frasier Meadows and throughout Boulder County. Call Julie or Mitzie at (303) 442-8662 for more information.

■ Grandparents Raising Grandchildren Support Group

- Free group for grandparents who are raising grandchildren of any age
- 4th Monday of each month, 10 – 11:30, West Boulder Senior Center, 909 Arapahoe Avenue
- Child care provided during the meetings
- Stay for lunch at Café Classico at 11:30 (first one is free!)

Also in Longmont first Wednesdays and in Louisville first Thursday evenings of each month.

Call Sandy Hollingsworth for information, (303) 441-4388



Friendship Circle Holiday Potluck

■ Friendship Circle

A drop-in group that meets every Wednesday, from 10 - 11:30 a.m. at the West Senior Center. Stop by for refreshments, meet new friends and join in on the latest topic of interest! Thanks to our sponsors: Alterra at the Atrium, Comfort Keepers and Mesa Vista.

■ Respite Care and Special Friend Volunteers

Volunteers are matched with older adults, 60+, who live alone or with family caregivers. The volunteers visit the older adults two hours each week and provide friendship and companion-level assistance with activities and outings and needed respite for family caregivers. Call (303) 678-6286 if you would like to volunteer or need volunteer assistance. This program is jointly sponsored by Boulder County Aging Services and local senior services.



■ Alzheimer's Support Group

Meets the first Thursday of the month, noon – 1:30 p.m. at East Boulder Senior Center, 5660 Sioux Drive. Sponsored by the Rocky Mountain Chapter of the Alzheimer's Association which provides information, assistance and referrals for people with Alzheimer's, their families and caregivers. Call Anne at (720) 562-4470.

■ RSVP Retired and Senior Volunteer Program

RSVP staff is available to answer questions about becoming a volunteer and to take your referral information for their many programs including Carry Out Caravan Grocery Delivery Service, Handyman Fix-it home repairs service, Telephone Reassurance, Friendly Visitors, Vial of Life emergency response program, and others! They will have materials and applications available to make it easy for you to sign up. (303) 443-1933.

Please drop by their table in the lobby at:

West Boulder Senior Center, 909 Arapahoe Avenue
1st Tuesday of the month, 9:30 – 11:30

East Boulder Senior Center, 5660 Sioux Drive
4th Tuesday of the month, 9:30 – 11:30

■ **Resources and Caregiver Website** — offers resource information, inspirational articles, and support. Visit boulderseniorservices.com

In the lobbies of our senior centers we have pamphlets, handouts and guides for several of the resources, including housing information and in-home supportive services. Please stop by and check out what's available!

Medicare

■ Medicare Ombudsman

Medicare Prescription Drug Plan and information on other Medicare benefits, HMO's supplemental insurance policies, beneficiaries' rights and the appeals process. Contact Alice (303) 441-1706, or Phil at (303) 441-1543

■ **Part D "Extra Help"** may be available for individuals with incomes below \$14,355 (assets \$11,500 or less) or for couples with incomes below \$19,245 (assets \$20,000 or less). If you think you can't afford a Part D plan, find out if you qualify for "Extra Help". Trained volunteers are available to schedule a private appointment.

Rebates and Refunds

■ City of Boulder Food Tax Refund

Income guidelines set by the city. Applications at each Senior Center or for information call (303) 441-3077. Apply March – June.

■ Colorado Property Tax/Rent/Heat Rebate

applications are due by December 31 each year based on the previous year's income, rent or property tax plus heat paid. Income guidelines apply. You may obtain application 104PTC from Community Resources or the Tax Aide program at each center.

■ **LEAP Utilities Assistance** – applications for assistance through the LEAP program and telephone discount information available from Community Resources or call 1-866-432-8435 to order one by mail.

For information on these, other senior homeowner programs, funds for help with dental care, glasses, respite care and medications, ask for any of the Community Resources staff at **(303) 441-3148**.

We appreciate your contributions which support our programs and services. Thank you.

West Senior Center, 909 Arapahoe

Monday

Drop-in Table Tennis, 10 a.m. to Noon

Partner Duplicate Bridge, 12:45 pm to 4 pm

Information: Don Lilley, 720-565-6817

Grandparents Raising Grandchildren Support Group,

4th Monday of Every Month, 10 to 11:30 am

Free childcare during the group.

Sandy Hollingsworth, 303-441-4388

Tuesday

Drop-in Table Tennis, 10 a.m. to Noon

Drop-in Scrabble, 12:30 pm to 4:00 pm

Esther Goodyear, 303-444-9201

Partners and Language, 1:30 to 3:00 pm

Debbie, 303-444-6210

Wednesday

Friendship Circle, 10 to 11:30 am

Sandy Short, 303-441-4388

Duplicate Bridge, 12:45 pm to 4 p.m.

Myrle Hemenway, 303-494-0799

No Partners Needed

Creative Writing, 1:30 to 3:00 pm

Joan Knutson, 303-665-3040

Thursday

Cribbage, 8:30 to 11 a.m.

Central Optimist Club, 9 to 11 a.m.

Sharie Buck, 303-442-0755

World Affairs Discussion, 9:30 to 11:30 a.m.

Ted Crane, 303-546-9710

Drop-in Table Tennis, 10 a.m. to Noon

Senior Saints Choir, 1:30 to 3 p.m.

September to May

Virginia Maestas, 303-664-5623

Norene Schum, 303-939-0605

Jo Jacobson, 303-444-2745

Flatirons Mineral Club, 7 to 10 p.m.

2nd Thursday of Every Month

Gerald Naugle, 303-591-2830

Friday

Stitch & Share, 8:30 to 11:30 a.m.

Mariam Sikora, (303) 442-3150

Shuffleboard, 8:30 to 11 a.m.

Whitney Smith, (303) 444-0302

National Active and Retired

Federal Employees Association,

Noon to 3 p.m., 1st Friday of every Month

No Meetings July & August

Winston Scott, 303-494-6752

Friday continued...

Party Bridge, 1:00 to 3:30 pm

Reservations by 6:00 p.m. Wednesday prior

Amelia Miller, 303-499-2922

If you are interested in joining a woodcarving group, please call Marilyn at (303) 443-8198

If you are interested in joining a chess group, please call David at (303) 494-2036

East Senior Center, 5660 Sioux Drive

Monday

CANASTA, 1 P.M.

Margaret Anderson (303)527-3451

Tuesday

East Boulder Optimist Club, 9 to 11 a.m.

Jim Cowdery (303) 494-5844 or

Al Zach (303) 499-9129

Wednesday

Boulder Stamp Club, 7 to 9 p.m.,

4th Wednesday of each month

Jim Williams (303) 494-4185

Wednesday Duplicate Bridge, 12:45 to 4 p.m.,

1st and 3rd Wednesday of each month

Lorry Cashatt (303) 485-9166

Judy Walker (303) 447-1936

Thursday

Practice Bridge, 12:45 to 4 p.m.

Ann Perryman (303) 516-9489

Alzheimer's Support Group

Meets 1st Thursday of each month,

Noon to 1:30 p.m.

Ann Togher (720) 562-4470

Friday

Boulder Garden Club, 1 to 3 p.m.

3rd Friday of the month

Sandy Edmondson (303) 443-9253

Saturday

Dance Club, 2 to 4 p.m.

2nd and 4th Saturday

Adele Shrout (303) 494-9167

Military Officers Association, 8 to 10 a.m.

Breakfast, 2nd Saturday of each month

Hal Riggs (303) 494-6122

Columbiners Square Dance Club, 7:15 to 10:15 p.m.

2nd and 4th Saturday of the month

Ed and Mary Ellen Vejroda (303) 499-0164

Wayne and Betty Harris (303) 828-1068



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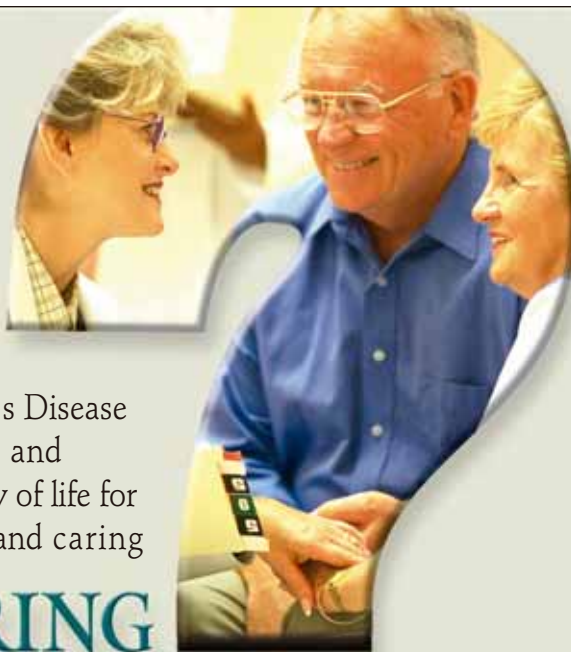
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